



FALL 18-19

Northview Cycle Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Stick (1) 29g Spaghetti w /Meat Sauce 51g Garlic Bread 11g Side Salad 1g French 2TB 6g Lt Ranch 2TB 10g	Nachos chips 27g Taco meat 5g Cheese 1g Chicken Pot Pie 33g w/ Goldfish 14g Romaine 1g Tomato 1g Black Bean salsa 20g	Cinn French Toast 28g Sausage (2) 0g Syrup 31g Sugar free syrup 4g Applesauce cup 17g	Chicken Nuggets 5ea 16g /Roll 19g. Max Cheese Bread 28g Pizza Sauce 4 oz 12g Cheesy Potatoes 17g	Mini Corn Dog (6 ea) 30g Pulled Pork 12g On bun 28g Tator Tots 25g
Pan Cheese Pizza 39g Chili 15g w/Baked Scoops 19g Onion Rings (4) 31g	Cheeseburger 1g On bun 28g Wet Burrito 43g Cheesy Bean Dip 31 g	Pancake Bites (6) 38g Sausage 0g Syrup 31g Sugar free syrup 4g Applesauce cup 17g	Chicken Patty 9g Ham (2) .05g Swiss cheese (1) 1g On Croissant 30g Fish Sticks (4) 22g corn muffin 28g Smile Fries (4) 20g	Hot Dog 3g On Bun 22g Chicken Quesadilla 37 g SideKick Fruit Cup 22g
Pepperoni Pizza 34g Sweet-N-Sour Chicken 28g w Rice 36g Fortune Cookie 7g Broccoli Cauliflower Blend 3g	Cheesy Bosco Stick (1) 16g Pizza Sauce 4 oz 12g Mini Corn Dog (6 ea) 30g Rice Red Beans 21 g	Funnel cake Waffle 43g and Chicken (4) 10g Syrup 31g Sugar free syrup 4 Applesauce cup 17g	Chicken drumstick (1) 5g Hot Ham 1g Cheese 1g Pretzel Bun 29g Mashed Potatoes 14g W/ Gravy 4g	Grilled Cheese 3slice 3g Bread 25g Chef Salad 3g Crouton pack 7g French 2TB 6g Lt Ranch 2TB 10g Tomato Soup 20g Goldfish crackers 14g
Cheese Bites (4) 28g Hamburger 0g On bun 28g Honey 17g Carrots 6g	Taco Meat 5g Salad 1g cheese 1g w/ Tostitos 27g Mac N Cheese (6 oz) 36g Black Bean Corn Salsa 20g	French Toast Sticks (3) 23g Sausage links (2) 0g Syrup 31g Sugar free syrup 4g Applesauce cup 17g	Chicken Fries (8) 16 g Crispito (1) 20 g Cheese-lts Crackers 14g Cheesy Hashbrown 20g Potatoes	BBQ Rib 13g On bun 28g Taco Meat 5g Doritos 18g Romaine 1g Tomato 1g Cheese 1g SideKick Fruit Cup 22g
Personal Pepperoni 39g Lasagna meat sauce 31g Breadstick (1) 28g Green Beans 4g	Soft Shell (1) 14g Taco 5g Romaine 1g Tomato 1g Cheese 1g Chicken Noodle Soup 17g Cracker (1 pack 2 crackers) 5g Cheesy Bean Dip 31 g	Eggo Waffle (2) 27g sausage (2) 0g Syrup 31g Sugar free syrup 4g Applesauce cup 17g	Mega Chicken Bites (10) 14g Elf Grahams 20g Italian Dunkers (2) 56g Meat Sauce 4 oz 3g Sweet Potato 22g Oven Fries Mix	Chicken Patty 9g On bun 28g 28g Mozzarella sticks (6) 33g Pizza Sauce 4 oz 12g Corn 17g

Sack Lunch

Monday	
Chips	27g
Cheese Cup	14g
Salsa cup	2g
Tues/ Thurs	
Yogurt	14g
Granola	20g
Cheese Stick	2g
Wed	
Soy PBJ	28g
Sun Chip Mix	15g
Friday	
Cottage Cheese (4oz)	5g
Chocolate muffin	27g
Sandwich	
Bread (2slice)	25g
Ham (4 slice)	1g
Turkey (4 Slices)	0g
Cheese (1 slice)	1g
½ day of school menu	
Turkey & Cheese Sandwich	26g
Wildcat Crackers	17 g
Cool Tropic Juice Slushie	15g
Carrots	7g
Rice Krispie Treat	8g
Milk	
Apple Juice	
Orange juice	