## Northern High School
### Aug.-Sept. 2019

**Important Information:**
To receive a complete meal for the Paid price of $3.00, Reduced Price of $0.40 or Free meal you must choose at least 3 of the 5 components of a "Regular Lunch"

**The Components Include:**
- Grain
- Meat or Meat Alternate
- Fruit or Fruit Juice
- Vegetable
- Milk

Students may take all 5 components but must take at least 3 for a complete meal.

New Federal Regulations require that at least one choice must be a fruit or vegetable.

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Meal 4</th>
<th>Meal 5</th>
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</thead>
</table>
| 8/26 | Bacon Cheeseburger  
Baked French Fries  
Baked Beans Asst. Fruit | 8/27 | Pierogies  
Steamed Carrots  
Peaches | 8/28 | Grilled Cheese  
Tomato Soup  
Crackers  
Pineapple Tidbits | 8/29 | Italian Chicken  
Griller Wrap  
California Blend Veggies Pears | 8/30 | Mickey's Pizza  
Tossed Italian Salad  
Fresh Apple |
| 8/27 | Pierogies  
Steamed Carrots  
Peaches | 8/28 | Grilled Cheese  
Tomato Soup  
Crackers  
Pineapple Tidbits | 8/29 | Italian Chicken  
Griller Wrap  
California Blend Veggies Pears | 8/30 | Mickey's Pizza  
Tossed Italian Salad  
Fresh Apple |
| 9    | Chicken Nuggets  
Mashed Potatoes  
Corn  
Mixed Fruit | 10   | Busketti  
(Tomato Mac n Chs)  
Tossed Italian Salad Pears | 11   | Cheesy Tater Tot Casserole  
Black Bean and Corn  
Ranchero Salad  
Mandarin Oranges | 12   | Sausage Egg and Cheese Breakfast Sandwich  
Tater Tots  
Applesauce | 13   | French Bread Pizza  
Fresh Broccoli w/ Dip Asst. Fruit |
| 16   | Chicken Patty on Roll  
Baked Beans Cooked Carrots Mixed Fruit | 17   | Mac -n- Cheese  
Stewed Tomatoes  
Green Beans  
Peaches | 18   | Hot Ham and Cheese (Hambo)  
Broccoli Pineapple Tidbits | 19   | Cheeseburger on Roll  
Baked Curly Fries  
Chilled Fruit | 20   | WG Stuffed Crust Pizza  
Tossed Italian Salad  
Fresh Orange |
| 23   | Soft Taco w/ Lettuce, Tom and Cheese  
Refried Beans | 24   | Pancakes  
Sausage Patty  
Hashbrown Patty  
Applesauce | 25   | Spaghetti w/ Meat Sauce  
Tossed Italian Salad  
Blue Raspberry  
Lemon Ice | 26   | WG Deep Dish Pizza  
Carrot Sticks w/ Dip  
Fresh Apple | 27   | Early Dismissal  
No Lunch |
| 30   | Nacho Dippy Dips  
California Blend Veggies  
Chilled Fruit |

**ATTENTION PARENTS/GUARDIANS:**
THE TEMPORARY GRACE PERIOD FOR FREE AND REDUCED BENEFITS APPROVED LAST YEAR EXPIRE ON 10-9-2018
IF YOU HAVE NOT ALREADY RECEIVED AN APPROVAL LETTER FOR SY 2018-19 A NEW APPLICATION MUST BE SUBMITTED OR BENEFITS WILL BE TERMINATED
PLEASE CONTACT SCOTT SEDLICK, FOOD SERVICE COORDINATOR AT 717-432-8691 EXT. 1111 WITH ANY QUESTIONS

**IMPORTANT NOTICE:**
Bread Products for 2019-20 contain the following Allergens:
- Wheat
- Soy
- Milk