

NORWELL MIDDLE SCHOOL

Lunch Menu
May 2-6, 2022

BREAKFAST

Monday

Pancake Wrap or Pancakes w/syrup/Fruit

Cereal to Go

Tuesday

BYO English Muffin/Fruit

Cereal to Go

Wednesday

Cinnamon Stick/Fruit

Cereal to Go

Thursday

BYO Bagel/Fruit

Cereal to Go

Friday

Biscuit & Gravy/Fruit

Cereal to Go

All meals served with:
Milk

WEEKLY LUNCH

Monday

Chicken Patty on a Bun 27g

French Fries 21g Cookie 16g

Tuesday

Macaroni & Cheese 29g, Pretzel 14g

Salad 2 g

Wednesday

Baked Potato Bar 15g w/ Taco meat 3g

Breadstick 17g

Broccoli 3g

Thursday

Pizza 33g

Fresh Vegetable choices

Friday

Chicken Parmesan 13g

Salad 2 g

All meals served with:
Assorted Vegetables
Assorted Fresh, Canned and Dried Fruits
Milk-Skim, 1% and Fat Free Chocolate

Second Choice

Tuesday- Corn Dog

Wednesday- Calzone

Friday- Pizza

Everyday-Chef Salad

All meals served with:
Assorted Vegetables/Fruit/Milk

"This institution is an equal opportunity provider."

Menu subject to change without notice.

Northern Wells Community Schools serves breakfast every day. Your student could start their day with a nutritional advantage.

NORWELL MIDDLE SCHOOL

Lunch Menu
May 9-13, 2022

BREAKFAST

Monday

Pancake Wrap or Pancakes w/syrup/Fruit

Cereal to Go

Tuesday

BYO English Muffin/Fruit

Cereal to Go

Wednesday

Cinnamon Stick/Fruit

Cereal to Go

Thursday

BYO Bagel/Fruit

Cereal to Go

Friday

Biscuit & Gravy/Fruit

Cereal to Go

All meals served with:
Milk

WEEKLY LUNCH

Monday

Popcorn Chicken 15g

Tater Tots 16g

Tuesday

Fried Chicken 15g

Broccoli 5g

Wednesday

Lasagna 35g

Green Beans 3g

Thursday

Chicken & Noodles 20g

Mashed Potatoes 17g

Friday

Beef Taco 28g

Refried Beans 12g, Cookie 19g

All meals served with:
Assorted Vegetables
Assorted Fresh, Canned and Dried Fruits
Milk-Skim, 1% and Fat Free Chocolate

Second Choice

Monday-Pizza

Tuesday- Chicken Sandwich

Wednesday- Calzone

Thursday-Corn Dog

Friday-Pizza

Everyday-Chef Salad

All meals served with:
Assorted Vegetables/Fruit/Milk

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NORWELL MIDDLE SCHOOL

Lunch Menu
May 16-20, 2022

BREAKFAST

Monday

Pancake Wrap or Pancakes w/syrup/Fruit

Cereal to Go

Tuesday

BYO English Muffin/Fruit

Cereal to Go

Wednesday

Cinnamon Stick/Fruit

Cereal to Go

Thursday

BYO Bagel/Fruit

Cereal to Go

Friday

Biscuit & Gravy/Fruit

Cereal to Go

All meals served with:
Milk

WEEKLY LUNCH

Monday

Turkey and Cheese Sub 26g

Baked Beans 12g

Tuesday

Ravioli with meat sauce 23g

Salad 2 g

Wednesday

Sausage 0g & Eggs 1g

Biscuit 15g

Thursday

Orange Chicken 25g Rice 27g

Carrots 5g & Broccoli 3g

Friday

Cheeseburger 26g

French Fries 21g Cookie 16g

All meals served with:
Assorted Vegetables
Assorted Fresh, Canned and Dried Fruits
Milk-Skim, 1% and Fat Free Chocolate

Second Choice

Monday-Pizza

Tuesday- Corn Dog

Wednesday- Calzone

Thursday- Chicken Sandwich

Friday-Pizza

Everyday-Chef Salad

All meals served with:
Assorted Vegetables/Fruit/Milk

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NORWELL MIDDLE SCHOOL

Lunch Menu
May 23-25, 2022

BREAKFAST

Monday

Pancake Wrap or Pancakes w/syrup/Fruit

Cereal to Go

Tuesday

BYO English Muffin/Fruit

Cereal to Go

Wednesday

Cinnamon Stick/Fruit

Cereal to Go

All meals served with:
Milk

WEEKLY LUNCH

Monday

Cook's Choice

French Fries 21g

Tuesday

Cook's Choice

Salad 2 g

Wednesday

Pizza 33g

Fresh Vegetable Choices

Ice Cream

All meals served with:
Assorted Vegetables
Assorted Fresh, Canned and Dried Fruits
Milk-Skim, 1% and Fat Free Chocolate

Second Choice

Variety of Choices

Everyday-Chef Salad

All meals served with:
Assorted Vegetables/Fruit/Milk

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