

NSEE Cafeteria Menu 2019-2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 \$5.00 Drink Not Included	Pizza or Garlic Fingers with a Healthy Side	Shepard's Pie Healthy Side	Spaghetti Healthy Side	Pancakes & Sausages With Fruit	Picnic Plate or Ham & Cheese Sub
Week 2 \$5.00 Drink Not Included	Pizza or Garlic Fingers with a Healthy Side	Fries & Popcorn Chicken	BBQ Chicken, Mashed Potatoes & Veggies	Lasagna Healthy Side	Picnic Plate or Ham & Cheese Sub
Week 3 \$5.00 Drink Not Included	Fries & Popcorn Chicken	Sloppy Joes with Potato Wedges	Potato Bowl (Chicken, Potatoes, Gravy)	Taco Salad Healthy Side	Picnic Plate or Ham & Cheese Sub
Grab n' Go \$3.00 Drink Not Included	Chicken Caesar Wrap	Chicken Ranch Wrap	Quesadillas	Sweet Chilli Chicken Wrap	Chicken Ranch Wrap

Revised August 26, 2019

Extra Choices

NSEE
Food Services Inc.

Water	\$1.00	Garden Salad	\$4.00	Tuna Sandwich	\$3.00
White & Chocolate Milk	\$.50	Chef Salad	\$5.00	Assorted Cut Fruit	\$1.00
Grilled Cheese	\$3.00	Egg & Cheese on English Muffin	\$3.00	Assorted Whole Fruit	\$1.00
Egg Salad Sandwich	\$3.00	Chicken Salad Sandwich	\$3.00	Grapes & Cheese	\$2.00
Wedges	\$3.00	Tuna Melt	\$3.00	Veggies & Ranch	\$1.00
Hamburgers	\$4.00	Chicken Burgers	\$4.00		

HEALTHY SIDES – For the meals with a Healthy Side – you may select one of the following: Caesar Salad, Fruit Cup or Veggie Cup

Cafeteria Weekly Schedule Fall 2019

DATE	WEEK
September 2-6	Week 1
September 9-13	Week 2
September 16-20	Week 3
September 23-27	Week 1
September 30-Oct 4	Week 2
October 7-11	Week 3
October 14-18	Week 1
October 21-25	Week 2
October 28-Nov 1	Week 3
November 4-8	Week 1
November 11-15	Week 2
November 18-22	Week 3
November 25-29	Week 1
December 2-6	Week 2
December 9-13	Week 3
December 16-20	Week 1