



North Tonawanda High School Lunch

November 2021

1

Orange Popcorn Chicken
Turkey and Cheese
Sandwich
Egg Chef Salad w/
Cracker

Rice, Broccoli
Diced Pears Fresh Apple

2

Chicken and Cheese
Quesadilla
Ham and Cheese
Sandwich
Chicken Nacho Salad w/
Chips

Corn, Carrots
Mixed Fruit, Apple Juice

3

Chicken Nuggets w/ Roll
Bologna and Cheese
Sandwich
Cobb Salad w/ Goldfish

Green Beans, Tomatoes
Applesauce, Fresh Pear

4

Bacon Cheeseburger
Egg Salad Sandwich
Popcorn Chicken Salad w/
Roll

Tater Tots, Celery
Mixed Fruit, Fruit Juice

5

BBQ Chicken Sandwich
Tuna Sandwich
Fruit and Yogurt Salad w/
Roll

Veggie Beans,
Cucumbers
Diced Peaches, Fresh
Orange

8

Soft Shell Chicken Tacos
Turkey and Cheese
Sandwich
Egg Chef Salad w/
Cracker

Rice, Baby Carrots
Fresh Apple, Diced Pears

9

Hot Dog
Ham and Cheese
Sandwich
Chicken Nacho Salad w/
Chips

French Fries, Corn
Diced Pears, Apple Juice

10

Lumberjack Bowl
Bologna and Cheese
Sandwich
Cobb Salad w/ Goldfish

Corn, Broccoli
Fresh Orange, Diced
Pears

11



12



15

Mac and Cheese
Turkey and Cheese
Sandwich
Egg Chef Salad w/
Cracker

Cucumbers, Broccoli
Diced Pears Fresh Apple

16

Chicken Nuggets w/ Roll
Ham and Cheese
Sandwich
Beef Nacho Salad w/
Chips

Broccoli, Tomatoes
Mixed Fruit, Apple Juice

17

Cheese Pizza Sticks
Bologna and Cheese
Sandwich
Cobb Salad w/ Roll

Baby Carrots, Celery
Diced Pears, Fresh Apple

18

Beef Nachos
Egg Salad Sandwich
Popcorn Chicken Salad w/
Roll

Veggie Beans, Cucumbers
Mixed Fruit, Orange Juice

19

Buffalo Chicken Flatbread
Tuna Sandwich
Fruit and Yogurt Salad w/
Goldfish

French Fries, Corn
Applesauce, Fresh Apple

22

French Toast Sticks w/
Sausage
Turkey and Cheese
Sandwich
Egg Chef Salad w/
Cracker

Tater Tots, Cucumbers
Mixed Fruit, Orange Juice

23

Popcorn Chicken w/ Roll
Ham and Cheese
Sandwich
Chicken Nacho Salad w/
Chips

BBQ Beans, Baby Carrots
Fresh Pear, Mixed Fruit

24



25



26



29

Grilled Cheese w/ Tomato
Soup
Turkey and Cheese
Sandwich
Egg Chef Salad w/ Cracker

Green Beans, Tomatoes
Applesauce, Fresh Apple

30

BBQ Chicken Sandwich
Ham and Cheese Sandwich
Chicken Nacho Salad w/
Chips

Tater Tots, Baby Carrots
Mixed Fruit, Apple Juice

1

Turkey and Gravy over
Mashed Potatoes
Bologna and Cheese
Sandwich
Cobb Salad w/ Goldfish

Mashed Potatoes, Corn
Diced Peaches, Fresh
Pear

2

Baked Chicken w/ Roll
Egg Salad Sandwich
Popcorn Chicken Salad w/
Roll

Broccoli, Carrots
Mixed Fruit, Orange Juice

3

Cheeseburger
Tuna Sandwich
Fruit and Yogurt Salad w/
Roll

Veggie Beans, Cucumber
Diced Pears, Fresh
Orange

Offered Daily:

Peanut Butter and Jelly w/ Cheese stick
Spicy or Plain Chicken Patty
Cheese Pizza
Paninis

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