

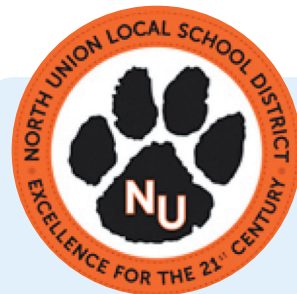


# North Union Local Schools 2022-23 Middle School Menu

<b>MENU #1</b>	<b>MONDAY</b>	Hot Dog/WG Bun French Fries Baked Beans Fruit Choice		Bosco Sticks Pizza Sauce Mixed Vegetables Rice Krispy Treat Fruit Choice	<b>WEDNESDAY</b>	Mac/Cheese Green Beans Fruit Choice WG Cookie	<b>THURSDAY</b>	Macho Nacho Black Bean Salsa Salad/Dressing Pineapple/Churro	<b>FRIDAY</b>	Chicken/Beef Noodles Mashed Potatoes Roll/Butter Fruit Choice	
	2 <sup>nd</sup> Choice	Hamburger	Breadsticks/Marinara	Grilled Cheese	Quesadilla	Sub Sandwich					
<b>MENU #2</b>	<b>MONDAY</b>	Meatballs Baked Beans Fries Dinner Roll Fruit Choice		<b>TUESDAY</b>	Pepperoni Ripper Peas/Carrots Fruit Choice Pudding	<b>WEDNESDAY</b>	Breakfast Entrée Tator Tots Fruit Mix Yogurt or Smoothie	<b>THURSDAY</b>	Sub Sandwich Steamed Broccoli Baked Chips Fruit Choice	<b>FRIDAY</b>	Cook's Choice Salad/Dressing Fruit Choice WG Cookie
	2 <sup>nd</sup> Choice	Corn Dogs	Breadsticks/Marinara	Grilled Chicken Sandwich	Pizza	Fish Taco					
<b>MENU #3</b>	<b>MONDAY</b>	Regular/Spicy Chicken Sandwich Tomatoes/Lettuce Green Beans Peaches/Cookie		<b>TUESDAY</b>	Buffalo Chicken Pizza Carrots/Celery Ranch or Hummus Fruit Choice Fruit Snack	<b>WEDNESDAY</b>	BBQ Pork Sandwich Broccoli Baked Potato Fruit Choice	<b>THURSDAY</b>	Walking Taco Black Bean Salsa/Salad Apple Churro Fruit Choice	<b>FRIDAY</b>	Chicken Bowl/Corn Mashed Potatoes Roll/Butter Fruit Choice
	2 <sup>nd</sup> Choice	BBQ Rib	Cheese Sticks/Marinara	Shredded Chicken	Quesadilla	PB&J					
<b>MENU #4</b>	<b>MONDAY</b>	Cheese/Hamburger Tomatoes/Lettuce Baked Beans Fries Fruit Choice		<b>TUESDAY</b>	Bosco Sticks Pizza Sauce California Mix Fruit Choice Sherbet Cup	<b>WEDNESDAY</b>	Totchos Meat/Cheese/Salsa Breadstick Churro Fruit Choice	<b>THURSDAY</b>	Pasta/Sauce Salad/Dressing Garlic Toast Fruit Choice	<b>FRIDAY</b>	Drumsticks or Wings Fries Cornbread/Butter Fruit Choice
	2 <sup>nd</sup> Choice	Chicken Patty	Mexican Pizza	Quesadilla	Hawaiian Ham & Cheese	Chicken Tenders					
<b>MENU #5</b>	<b>MONDAY</b>	Sloppy Joe Sandwich Cheez-its Baked Beans Fruit Choice		<b>WEDNESDAY</b>	Pepperoni Ripper Salad/Dressing Grapes WG Cookie	<b>WEDNESDAY</b>	Grilled Cheese Soup Celery Ranch or Hummus Fruit Choice	<b>THURSDAY</b>	Salisbury Steak Mashed Potatoes Roll/Butter Fruit Choice	<b>FRIDAY</b>	Sweet & Sour Chicken Broccoli/Fried Rice Fortune Cookie Fruit Choice
	2 <sup>nd</sup> Choice	Pizza	Breadsticks/Marinara	Sub Sandwich	Chicken Tenders	PB&J					

BREAKFAST MENU	
<b>MON</b>	Pop Tart, Muffin or Pancake Wrap Juice/Fresh Fruit/Milk
<b>TUES</b>	Bagel/Cream Cheese, Donut or Cereal Bar Juice/Fresh Fruit/Milk
<b>WED</b>	Smoothie, Frudel or Pancake Juice/Fresh Fruit/Milk
<b>THURS</b>	Cereal Bar, Cinnamon Roll or Waffle Juice/Fresh Fruit/Milk
<b>FRI</b>	Frudel, Pop Tart, Muffin Juice/Orange/Milk



[www.n-union.k12.oh.us](http://www.n-union.k12.oh.us)

### Lunch Prices

Student	\$3.25
Reduced Lunches	\$0.40
Adult Lunches	\$4.00
Milk	\$0.50

### Breakfast Prices

Student	\$1.75
Reduced	\$0.30
Adult	\$2.00
No breakfast served on delay days	

Fat free flavored milk and 1% white milk

WG=Whole Grain

### 3 Menus offered Daily

- Main Menu
- Chef Salad
- Gopher Lunch

Free and reduced lunch program applications are available on line at [www.payschoolcentral.com](http://www.payschoolcentral.com) or at the school office. Please fill them out to qualify for free waivers.

Parents are encouraged to prepay for a la carte. Go to the school website under the cafeteria tab and click on the Pay Schools link. [www.payschoolscentral.com](http://www.payschoolscentral.com)

Free students receive a free breakfast

Menu is subject to change.

**Follow the menu with its calendar day. Each week is represented by a color and represents a 5-week cycle menu.**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

SEPTEMBER 2022	OCTOBER 2022	NOVEMBER 2022	DECEMBER 2022	JANUARY 2023	FEBRUARY 2023	MARCH 2023	APRIL 2023	MAY 2023	JUNE 2023
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4 5 6 7 8 9 10	9 10 11 12 13 14 15	6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	5 6 7 8 9 10 11	5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13	4 5 6 7 8 9 10
11 12 13 14 15 16 17	16 17 18 19 20 21 22	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	12 13 14 15 16 17 18	12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20	11 12 13 14 15 16 17
18 19 20 21 22 23 24	23 24 25 26 27 28 29	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	19 20 21 22 23 24 25	19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27	18 19 20 21 22 23 24
25 26 27 28 29 30	30 31	27 28 29 30	25 26 27 28 29 30 31	29 30 31	26 27 28	26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31	25 26 27 28 29 30