

Northeast College Prep

January 2022

BREAKFAST

PRICE: STUDENT - No Charge

SERVED DAILY

Fruit Juice - Apple, Mixed Berry, Kiwi/Strawberry, Orange, Fruit Punch
 Fresh Fruit - Apple, Orange, Pears, Raisins, Craisins, Applesauce
 Variety of Milk, including Skim

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|--------------------|--------------------|---------------------|------------------|
| 3 | 4 | 5 | 6 | 7 |
| No School | Mini French Toast | Assorted Muffins | Mini Cinnamon Rolls | Nutrition Bar |
| | Fruit and/or Juice | String Cheese | Fruit and/or Juice | Fruit Yogurt |
| 10 | 11 | 12 | 13 | 14 |
| Mini Bagel w/ Cinnamon Cream Cheese | Mini Waffles | Breakfast Cereal | Mini French Toast | Assorted Muffins |
| Fruit and/or Juice | Fruit and/or Juice | Fruit and/or Juice | Fruit and/or Juice | String Cheese |
| 17 | 18 | 19 | 20 | 21 |
| No School | Mini French Toast | Assorted Muffins | Mini Cinnamon Rolls | Nutrition Bar |
| | Fruit and/or Juice | String Cheese | Fruit and/or Juice | Fruit Yogurt |
| 24 | 25 | 26 | 27 | 28 |
| Mini Bagel w/ Cinnamon Cream Cheese | Mini Waffles | Breakfast Cereal | Mini French Toast | Nutrition Bar |
| Fruit and/or Juice | Fruit and/or Juice | Fruit and/or Juice | Fruit and/or Juice | Fruit Yogurt |
| 31 | | | | |
| Breakfast Cereal | | | | |
| Fruit and/or Juice | | | | |

**MENUS SUBJECT TO INFREQUENT CHANGE
 BASED ON AVAILABILITY OF ITEMS**

Note: Menus may use ingredients that contain peanuts, other nuts/seeds, milk, egg, soybean, and other products.

All Done Right Food meals are Pork-Free.

This institution is an equal opportunity provider.

Done Right Food
 School & Event Catering Services



Our Commitment

“Healthy Food, Healthy Message”
 We provide wholesome, delicious, real food that helps teach the right message to children.

ANY QUESTIONS? CONTACT:

School Office or
 DONE RIGHT FOOD @ 763-789-4493 or
www.donerightfood.com

Northeast College Prep

January 2022

HOT LUNCH

PRICE: STUDENT - No Charge

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Alternate Entrée
 Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach
 Low Fat Dressing/Dip
 Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, OR Applesauce Cup
 Variety of Milk, including Skim

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 3 | 4 | 5 | 6 | 7 |
| No School | Teriyaki Chicken Leg Steamed Corn & Biscuit Salad, Fruit, Milk BBQ Tofu on Bun | Pasta w/ Meatballs Dinner Roll Salad, Veggies, Fruit, Milk Italian Pasta w/ Tofu | Chicken Shawarma w/ Steamed Rice Salad, Veggies, Fruit, Milk Hummus w/ Pita | Cheesy Breadsticks Marinara Sauce Salad, Veggies, Fruit, Milk Cheesy Breadsticks w/ Marinara |
| 10 | 11 | 12 | 13 | 14 |
| Sloppy Joe Potato Wedges Salad, Fruit, Milk BBQ Tofu on Bun | Walking Taco w/ Pinto Beans Salad, Fruit, Milk Santa Fe Tofu Wrap | Chicken Alfredo Dinner Roll Salad, Veggies, Fruit, Milk Cheesy Pasta | Orange Chicken w/ Steamed Rice Salad, Veggies, Fruit, Milk Orange Glazed Tofu | Cheese Lasagna Soft Breadstick Salad, Veggies, Fruit, Milk Same |
| 17 | 18 | 19 | 20 | 21 |
| No School | Chicken Fajita Wrap Baked Beans Salad, Fruit, Milk Cheese Burrito | Swedish Meatballs w/ Pasta Dinner Roll Salad, Veggies, Fruit, Milk Tofu Stroganoff | Marinated Chicken Leg Yellow Rice Salad, Veggies, Fruit, Milk Mac & Cheese w/ Roll | Cheesy Breadsticks Marinara Sauce Salad, Veggies, Fruit, Milk Same |
| 24 | 25 | 26 | 27 | 28 |
| Soft Shell Chicken Taco Pinto Beans Salad, Fruit, Milk Cheese Quesadilla | Salisbury Steak Steamed Corn & Biscuit Salad, Fruit, Milk Multi-Cheese Melt | Chicken Philly Hoagie Salad, Veggies, Fruit, Milk Cheese Burrito | Orange Chicken Steamed Rice Salad, Veggies, Fruit, Milk Orange Glazed Tofu | Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk Same |
| 31 | | | | |
| Chicken Fajita Wrap Baked Beans Salad, Veggies, Fruit, Milk Southwest Cheese Wrap | | | | |

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