

NORTHLAND LEARNING CENTER

SEPTEMBER 2025

Daily Lunch
Prices

Student \$0.65

INNOVATIVE NUTRITION MARKETPLACE CAFETERIA

MONDAY

1

TUESDAY

2

- Hamburger on a Whole Wheat Bun
- Pickle Slices
- Sweet Potato Confetti Tots
- Chilled Peaches
- Lowfat Milk Choices

WEDNESDAY

3

- Mexican Taco w/ Fixings
- Zesty Salsa
- Refried Beans
- Whole Kernel Corn
- Fresh Fruit
- Lowfat Milk Choices

THURSDAY

4

- Chicken Nuggets
- Macaroni & Cheese
- Steamed Green Beans
- Crunchy Fresh Vegetables
- Mixed Fruit Cup
- Lowfat Milk Choices

FRIDAY

5

- Shrimp Poppers
- Oven Browned Potatoes
- Steamed Peas & Carrots
- Chilled Applesauce
- Lowfat Milk Choices

8

- Pepperoni Pizza *
- Crisp Mixed Greens w/ Balsamic Vinaigrette
- Whole Kernel Corn
- Chilled Peaches
- Lowfat Milk Choices

9

- French Toast Sticks
- Savory Turkey Sausage Patty *
- Crispy Hashbrown
- Tangy Chilled Tomato Juice
- Fresh Fruit
- Lowfat Milk Choices

10

- Super Deli Sub Sandwich * w/ Garden Fresh Fixings
- Pickle Spear
- Crisp Baby Carrots and Cucumber Slices
- Pineapple Tidbits
- Lowfat Milk Choices
- Bug Bite Graham Crackers

11

- Toasty Grilled Cheese Sandwich
- Creamy Tomato Soup
- Crunchy Garden Veggies w/ Red Pepper Hummus
- Fresh Fruit
- Lowfat Milk Choices

12

- Roasted Chicken Fillet on WW Bun w/ Shrd Lettuce
- Oven Browned Potatoes
- Steamed Green Beans
- Mixed Fruit Cup
- Lowfat Milk Choices

15

- Chicken Patty on WW Bun w/ Sriracha Sauce & Shredded Lettuce
- AuGratin Potatoes
- Pineapple Tidbits
- Lowfat Milk Choices

16

- Shaved Deli Turkey Breast on WW Bread w/ Shredded Lettuce
- Pickle Spear
- Rotini Ranch Salad
- Tangy Chilled Tomato Juice
- Fresh Fruit
- Lowfat Milk Choices
- Baked Chips

17

- Hamburger on a Whole Wheat Bun
- Pickle Slices
- Baked Beans *
- Crunchy Celery Sticks
- Chilled Applesauce
- Lowfat Milk Choices

18

- Italian Whole Wheat Pasta w/ Meatsauce
- Garden Fresh Romaine Salad
- Crisp Baby Carrots
- Garlic Bread
- Fresh Fruit
- Lowfat Milk Choices

19

- Pizza Crunchers w/ Marinara Sauce
- Whole Kernel Corn
- Diced Peaches
- Lowfat Milk Choices

22

- Hot Dog * on WW Bun w/ Choice of: Chili, Cheese & Relish
- Creamy Potato Salad
- Calico Baked Beans
- Chilled Applesauce
- Lowfat Milk Choices
- Pudding Cup

23

- Nachos w/ Meat & Cheese Sauce
- Bold Black Bean Salsa
- Whole Kernel Corn
- Fresh Fruit
- Lowfat Milk Choices

24

- Chicken Stix
- Oven Browned Potatoes
- Strawberry Spinach Salad w/ Poppy Seed Dressing
- Fresh Broccoli Bites
- Whole Wheat Bread
- Diced Pears
- Lowfat Milk Choices

25

- Chicken Noodle Soup
- Deli Ham & Cheese Sandwich *
- Fresh Baby Carrots & Crunchy Jicama Sticks
- Deli Coleslaw
- Fresh Fruit
- Lowfat Milk Choices

26

- BBQ Rib Sandwich
- Pickle Slices
- Steamed Green Beans
- Fresh Veggies
- Mixed Fruit Cup
- Lowfat Milk Choices

29

- Chicken Fried Rice
- Egg Roll
- Steamed Broccoli
- Crunchy Baby Carrots
- Chilled Applesauce
- Lowfat Milk Choices

30

- Cheese Bread Dunkers w/ Meatsauce
- Sweet Kale Chopped Salad
- Whole Kernel Corn
- Fresh Fruit
- Lowfat Milk Choices



MON

BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Whole Grain Breakfast Muffins with a Cheese Stick and
- Fruit Assortment or Fruit Juice

TUES

BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Breakfast Pizza and
- Fruit Assortment or Fruit Juice

WED

BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Fresh Baked Whole Grain Cinnamon Roll and
- Fruit Assortment or Fruit Juice

THURS

BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Sausage Egg & Cheese Sandwich on Whole Grain Bun and
- Fruit Assortment or Fruit Juice

FRI

BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Mini Whole Grain Pancakes and
- Fruit Assortment or Fruit Juice

NORTHLAND LEARNING CENTER

Call 218-742-3660 for employment opportunities with the Food and Nutrition Department. Work school days and have evenings, weekends, holidays and summer off.

This institution is an equal opportunity provider.

PLEASE ASSIST

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 14, 2025 to continue receiving benefits.

Northland Learning Center receives additional educational funds for completed and approved "Application for Educational Benefits" form for free or reduced meals.

A large amount of state and federal funds for schools is based upon the number of families that qualify for free and reduced meal programs. The district receives additional funding in Title 1, e-rate technology and basic skills funding when more students qualify for free or reduced lunch prices. Therefore it is important that all parents of eligible students fill out and return an "Application for Educational Benefits" form. The forms are sent home at the beginning of the year with students. Copies can also be picked up at the principal's office or food service office.

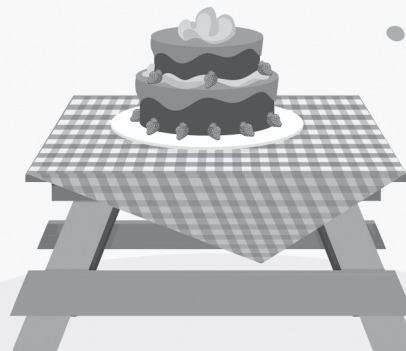
A variety of milk available. Lactose reduced milk will be available.

Gluten-controlled lunch & breakfast available.

Additional options are available for secondary students.

The menu contains known allergens including but not limited to: peanuts, tree nuts, soy, seafood, produce, grain and dairy. Please review the menu with allergic family members.

Menu items subject to change without notice.



BALANCING CALORIES

- Enjoy your food but eat less
- Avoid oversized portions

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Build a Healthy Breakfast

- Students must select 1/2 c. fruit or juice and full servings of two other food groups.

It is our goal to gently encourage students to select well-balanced meals.

Our best ideas come from you. Email your brilliant idea or important questions to:

Amy Turner amy.turner@rrps.org | Or call: 218-742-3660

Student.....\$0.00