

JANUARY 2020

Neah-Kah-Nie High School

Menus can be found online at
NKNSD.ORG/PARENTS

Reminder: Every Monday is Late Start

Monday

Tuesday

Wednesday

Thursday

Friday

Meal Prices:

- \$1.95 Student Breakfast
- \$3.25 Student Lunch
- \$2.75 Adult Breakfast
- \$4.70 Adult Lunch

No School 1



Winter

Break

Breakfast 6

Pancake Sausage Bites

Lunch

Grilled Chicken Sandwich
Ham & Cheese WW Sandwich

Breakfast 7

Hashbrown &
Toast w/ Jelly

Lunch

Lasagna
Sub Sandwich

Breakfast 8

Oatmeal

Lunch

Cheese Pizza
Pepperoni Pizza
CB & Pineapple Pizza

Breakfast 9

Bagel & Strawberry Cream
Cheese

Lunch

Fish Nuggets
Grilled Cheese Sandwich
French Fries

Breakfast 10

Breakfast Burrito

Lunch

Cheese Burger
Turkey & Cheese
WW Sandwich
Tater Tots

Breakfast 13

Pancake on a Stick

Lunch

Enchilada
B.L.T Wrap

Breakfast 14

Mini Maple Chip Waffles

Lunch

Chicken Alfredo
PB & Jelly WW Sandwich
WG Garlic Toast

Breakfast 15

Breakfast Rounds

Lunch

Beef Burrito
Chef Salad
WG Tortilla Chips

Breakfast 16

Biscuit &
Sausage Link

Lunch

Parmesan Chicken Sandwich
Ham & Cheese WW Sandwich
Potato Wedges

No School 17
District Wide
In-Service

No School 20

Martin Luther
King Jr.
Holiday

Breakfast 21

Blueberry Muffin

Lunch

Fish Sticks
Chicken Taco Salad
French Fries

Breakfast 22

PB Waffle Stack

Lunch

Spaghetti w/ Meat Sauce
Cobb Salad
WW Roll

Breakfast 23

Sausage & Cheese English
Muffin

Lunch

Chicken & Cheese Quesadilla
Chef Salad
Graham Cracker Sticks

Breakfast 24

Beef Steak Breakfast Biscuit

Lunch

Corn Dog
Hot Ham & Cheese
Potato Wedges

Breakfast 27

Waffle Sticks

Lunch

Cheese Filled Breadsticks
Marinara
Chicken Caesar Salad
WW Roll

Breakfast 28

Breakfast Sandwich

Lunch

Crunchy Taco
Turkey & Cheese Bagel
WG Cheddar Goldfish

Breakfast 29

Biscuits & Gravy

Lunch

Mini Cheeseburger Twins
Crispy Chicken Salad
French Fries

Breakfast 30

Bagel & Cream Cheese

Lunch

Turkey Gravy &
Mashed Potatoes
Sub Sandwich
WW Roll

Breakfast 31

French Toast Sticks

Lunch

Nachos
SW Chicken Wrap
WG Tortilla Chips

A variety of fruits & vegetables are available on our daily offering bar. Everyday choices of 1% Low-Fat Milk & Non-Fat Milk are available.

WW- Whole Wheat & WG-Whole Grain: Each of our bread items served are Whole Wheat or Whole Grain

Whole Grain Cereals are offered everyday as a choice for Breakfast.

"This institution is an equal opportunity provider"