OCTOBER 2021
Neah-Kah-Nie Middle & High School

Reminder: Mondays are Late Start

Menu is subject to change due to availability of items

Monday	Tuesday	Wednesday	Thursday	Friday
				1 **Breakfast** Apple Cinnamon Muffin **Lunch** Turkey & Cheese Bagel WG Cheddar Goldfish
4 **Breakfast** Waffle Sticks **Lunch** Baked Chicken WW Roll	**5** **Breakfast** Hashbrown & Sausage Link **Lunch** Enchilada WG Garlic Toast	**6** **Breakfast** Cereal **Lunch** Chicken Nuggets Tater Tots	**7** **Breakfast** Breakfast Rounds **Lunch** Pizza Stick Pretzel Goldfish Cookie Day	**8** **Breakfast** Bagel & Cream Cheese **Lunch** Chicken Potato Gravy Bowl WW Roll
11 **Breakfast** French Toast Sticks **Lunch** Cheese Filled Breadsticks Marinara Sauce	**12** **Breakfast** Yogurt & Graham Crackers **Lunch** Spaghetti w/ Meat Sauce WW Roll	**13** **Breakfast** Banana Bread Slice **Lunch** Turkey & Cheese Bagel WG Cheddar Goldfish	**14** **Breakfast** Cinnamon Filled Bagel **Lunch** Popcorn Chicken Tater Tots	**15** **Breakfast** Blueberry Breakfast Bar **Lunch** Crispy Chicken Drumstick Potato Wedge
18 **Breakfast** Banana Choc. Chip Breakfast Bar **Lunch** Hot Dog Potato Wedge	**19** **Breakfast** Strawberry Filled Bagel **Lunch** Fish Sticks French Fries	**20** **Breakfast** Cereal **Lunch** Beef Steak Patty Mashed Potatoes & Gravy	**21** **No School** K-12 Parent/Teacher Conferences	**22** **No School** K-5 Parent/Teacher Conferences 6-12 Prof. Development
25 **Breakfast** WW Cinnamon Rolls **Lunch** Corn Dog French Fries	**26** **Breakfast** Blueberry Muffin **Lunch** Chicken Burger Tater Tots	**27** **Breakfast** Bagel & Cream Cheese **Lunch** Bean & Cheese Burrito Corn	**28** **Breakfast** Mini Waffles **Lunch** Chicken Strips French Fries	**29** **Breakfast** Apple Cinnamon Muffin **Lunch** PB & Jelly WW Sandwich WG Fritos

Each meal will consist of a WG Entrée, fruit, vegetable, and milk. **WW**- Whole Wheat & **WG**-Whole Grain: Each of our bread items served are Whole Wheat or Whole Grain. Whole Grain Cereals will be served on certain days. **Meals are at no cost for children 18 and under until the end of the school year in June 2022**. We do encourage you to fill out a free & reduced application that will carry over into next school year and will benefit other district programs.

"This institution is an equal opportunity provider"