

OCTOBER 2021

Nehalem Grade School

Menus can be found
online at NKNSD.org

Reminder: Mondays are Late Start

Menu is subject to change due to availability of items

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

4

Waffle Sticks

Lunch

Baked Chicken
WW Roll

Breakfast

5

Hashbrown & Sausage Link

Lunch

Enchilada
WG Garlic Toast

Breakfast

6

Cereal

Lunch

Chicken Nuggets
Tater Tots

Breakfast

7

Breakfast Rounds

Lunch

Pizza Stick
Pretzel Goldfish
Cookie Day

Breakfast

8

Apple Cinnamon Muffin

Lunch

Turkey & Cheese Bagel
WG Cheddar Goldfish

Breakfast

11

French Toast Sticks

Lunch

Cheese Filled Breadsticks
Marinara Sauce

Breakfast

12

Yogurt & Graham Crackers

Lunch

Spaghetti w/ Meat Sauce
WW Roll

Breakfast

13

Banana Bread Slice

Lunch

Turkey & Cheese Bagel
WG Cheddar Goldfish

Breakfast

14

Cinnamon Filled Bagel

Lunch

Popcorn Chicken
Tater Tots

Breakfast

15

Blueberry Breakfast Bar

Lunch

Crispy Chicken Drumstick
Potato Wedge

Breakfast

18

Banana Choc. Chip Breakfast
Bar

Lunch

Hot Dog
Potato Wedge

Breakfast

19

Strawberry Filled Bagel

Lunch

Fish Sticks
French Fries

Breakfast

20

Cereal

Lunch

Crunchy Taco
Corn

No School

21

K-12 Parent/Teacher
Conferences

No School

22

K-5 Parent/Teacher
Conferences
6-12 Prof. Development

Breakfast

25

WW Cinnamon Rolls

Lunch

Corn Dog
French Fries

Breakfast

26

Blueberry Muffin

Lunch

Chicken Burger
Tater Tots

Breakfast

27

Bagel & Cream Cheese

Lunch

Bean & Cheese Burrito
Corn

Breakfast

28

Mini Waffles

Lunch

Chicken Strips
French Fries

Breakfast

29

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"

