

# NOVEMBER 2021

Menus can be found  
online at [NKNSD.org](http://NKNSD.org)

Reminder: Mondays are Late Start

Neah-Kah-Nie Middle & High School

Menu is subject to change due to availability of items

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>1</b> Bagel & Cream Cheese <b>Lunch</b> Chicken Nuggets Tater Tots	<b>Breakfast</b> <b>2</b> Yogurt & Graham Crackers <b>Lunch</b> Teriyaki Chicken WG Rice	<b>Breakfast</b> <b>3</b> Cereal <b>Lunch</b> Cheese Burger Tater Tots	<b>Breakfast</b> <b>4</b> Apple Cinnamon Muffin <b>Lunch</b> Lasagna WG Garlic Toast	<b>Breakfast</b> <b>5</b> Mini Waffles <b>Lunch</b> Parmesan Chicken Sandwich Potato Wedges
<b>Breakfast</b> <b>8</b> Sausage & Cheese English Muffin <b>Lunch</b> Corn Dog French Fries	<b>Breakfast</b> <b>9</b> Waffle Sticks <b>Lunch</b> Macaroni & Cheese Veggies with Hummus	<b>Breakfast</b> <b>10</b> Cereal <b>Lunch</b> Soft Taco Corn	<b>Veteran's Day</b> <b>11</b> Holiday No School 	<b>Breakfast</b> <b>12</b> Banana Bread Slice <b>Lunch</b> Peppy Turkey Rotini WG Garlic Breadstick
<b>Breakfast</b> <b>15</b> Bagel & Cream Cheese <b>Lunch</b> Chicken Strips French Fries	<b>Breakfast</b> <b>16</b> Yogurt & Graham Crackers <b>Lunch</b> Fish Sticks French Fries	<b>Breakfast</b> <b>17</b> Cereal <b>Lunch</b> Baked Chicken WW Roll	<b>Breakfast</b> <b>18</b> Cinnamon Filled Bagel <b>Lunch</b> Enchilada WG Garlic Toast	<b>Breakfast</b> <b>19</b> Apple Cinnamon Breakfast Bar <b>Lunch</b> Turkey & Cheese WW Sandwich
<b>Breakfast</b> <b>22</b> Blueberry Muffin <b>Lunch</b> Hot Dog Potato Wedges	<b>Breakfast</b> <b>23</b> Strawberry Filled Bagel <b>Lunch</b> Spaghetti w/ Meat Sauce WW Roll	<b>No School</b> <b>24</b>	<b>Happy Thanksgiving!</b> <b>25</b> No School	<b>No School</b> <b>26</b>
<b>Breakfast</b> <b>29</b> Banana Choc. Chip Breakfast Bar <b>Lunch</b> Ham & Cheese Bagel WG Fritos	<b>Breakfast</b> <b>30</b> WW Cinnamon Rolls <b>Lunch</b> Chicken & Cheese Pasta WG Garlic Breadstick			



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"