

JANUARY 2022

Menus can be found online at
NKNSD.ORG

Reminder-Mondays are late start

Neah-Kah-Nie Middle & High School Menu

Menu is subject to change to availability of items.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast 3 Bagel & Cream Cheese</p> <p>Lunch Parmesan Chicken Sandwich Potato Wedges</p>	<p>Breakfast 4 Waffle Sticks</p> <p>Lunch Chicken Nuggets Green Beans</p>	<p>Breakfast 5 Apple Cinnamon Breakfast Bar</p> <p>Lunch Sloppy Joe Tater Tots</p>	<p>Breakfast 6 Breakfast Rounds</p> <p>Lunch Lasagna WG Garlic Toast</p>	<p>Breakfast 7 Cereal</p> <p>Lunch Cheese Burger French Fries</p>
<p>Breakfast 10 Pancake on a Stick</p> <p>Lunch Cheese Filled Breadsticks Marinara Sauce</p>	<p>Breakfast 11 Yogurt & Fruit</p> <p>Lunch Soft Taco Corn</p>	<p>Breakfast 12 Cinnamon Bagel</p> <p>Lunch Spaghetti w/ Meat Sauce WW Roll</p>	<p>Breakfast 13 Blueberry Muffin</p> <p>Lunch Chicken Pottery Gravy Bowl WW Roll</p>	<p>Breakfast 14 Cereal</p> <p>Lunch Turkey & Cheese WW Sandwich Vegetable Medley</p>
<p>17 Martin Luther King Holiday No School</p>	<p>Breakfast 18 Yogurt & Fruit</p> <p>Lunch Crispy Chicken Drumstick Green Beans</p>	<p>Breakfast 19 Waffle Chicken Nuggets</p> <p>Lunch Chicken Ramen Bowl Corn</p>	<p>Breakfast 20 Banana Chocolate Chip Bar</p> <p>Lunch Peppy Turkey Rotini Garlic Breadstick</p>	<p>Breakfast 21 Cereal</p> <p>Lunch PB & Jelly WW Sandwich WG Fritos</p>
<p>Breakfast 24 Apple Cinnamon Muffin</p> <p>Lunch Pepperoni Pizza Stick Cookie Day</p>	<p>Breakfast 25 Yogurt & Graham Crackers</p> <p>Lunch Enchilada WG Garlic Toast</p>	<p>Breakfast 26 Strawberry Bagel</p> <p>Lunch Baked Chicken Potato Wedges</p>	<p>Breakfast 27 Cinnamon Rolls</p> <p>Lunch Burrito Salad</p>	<p>Breakfast 28 Cereal</p> <p>Lunch Popcorn Chicken Tater Tots</p>
<p>Breakfast 31 Cereal</p> <p>Lunch Corn Dog French Fries</p>				

Each meal will consist of a WG Entrée, fruit, vegetable, and milk. **WW**- Whole Wheat & **WG**-Whole Grain: Each of our bread items served is 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"