

JANUARY 2022

Nehalem Grade School

Menus can be found online at
NKNSD.ORG

Reminder-Mondays are late start

Menu is subject to change to availability of items.

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

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"