

MAY 2022

Neah-Kah-Nie High 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

Breakfast

Breakfast Burrito

2

Lunch

Parmesan Chicken Sandwich
Potato Wedge

Tuesday

Breakfast

Bagel & Cream Cheese

3

Lunch

Sloppy Joe
Tater Tots

Wednesday

Breakfast

Banana Bread

4

Lunch

Chicken Alfredo
WW Roll

Thursday

Breakfast

Breakfast Sandwich

5

Lunch

Popcorn Chicken
Tater Tots

Friday

Breakfast

Cereal

6

Lunch

Corn Dog
French Fries

Breakfast

French Toast Sticks

9

Lunch

Crispy Chicken Drumstick
WW Roll

Breakfast

Yogurt & Graham Crackers

10

Lunch

Country Fried Steak
Mashed Potatoes & Country Gravy

Breakfast

Pancake Sausage Bites

11

Lunch

Taco Salad
Black Beans

Breakfast

Cinnamon Rolls

12

Lunch

Fish Sticks
French Fries

Breakfast

Cereal

13

Lunch

Chicken Burger
Tater Tots

Breakfast

Biscuits & Gravy

16

Lunch

Chicken Nuggets
Green Beans

Breakfast

Bagel & Cream Cheese

17

Lunch

Spaghetti w/ Meat Sauce
WW Roll

Breakfast

Breakfast Rounds

18

Lunch

Turkey Gravy over
Mashed Potatoes
WW Roll

Breakfast

Pancakes

19

Lunch

Chicken Fajita
WG Tortilla Chips

Breakfast

Cereal

20

Lunch

Turkey & Cheese WW Sandwich
Peaches

Breakfast

Cereal

23

Lunch

Cheese Burger
French Fries

Breakfast

WG Muffin

24

Lunch

Lasagna
Corn

Breakfast

Pancakes

25

Lunch

Cheese WG Pizza
Pepperoni WG Pizza
Cookie Day

Breakfast

Cinnamon Filled Bagel

26

Lunch

Peppy Turkey Rotini
Garlic Breadstick

Breakfast

Cereal

27

Lunch

Nachos
Salad Bar

No School 30
Memorial Day
Holiday

Breakfast

Beef Steak on Biscuit

31

Lunch

Enchilada
WG Garlic Toast

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"