

SEPTEMBER 2023

NEHALEM ELEMENTARY

Monday

Tuesday

Wednesday

Thursday

Friday



1

4

LABOR DAY

11

Yogurt & Fruit

Cheesy Breadsticks
& Marinara
Deli Sandwich

18

Waffles

Corn Dog & Fries

Tuna Sandwich

25

PROFESSIONAL
DEVELOPMENT
NO SCHOOL

5

Blueberry Muffins

Enchiladas

Chef's Salad

12

Pancake on a Stick

Taco Tuesday

Chef's Salad

19

Scrambled Eggs & English
Muffin

Chicken Soft Taco

Deli Sandwich

26

French Toast

Pig-In-A-Blanket

Deli Sandwich

6

Cinnamon Bagel

Mac & Cheese

Deli Sandwich

13

Benefit Bar

Spaghetti

Chicken Salad

20

Blueberry Muffin

Tater Tot Casserole

Chef's Salad

27

Tater Topped Breakfast B.

Chicken/Potato/Gravy
Bowl
Cobb Salad

7

Pancake/Sausage Bites

Sloppy Joe's & Tots

Chicken Taco Salad

14

Very Berry Overnight Oat

Cheeseburger & Fries

Deli Sandwich

21

Breakfast Burrito

Pulled Pork Sandwich

Taco Salad

28

Benefit Bar

Pizza Burger

Chef's Salad

8

Breakfast Pizza

Toasted Cheese &
Tomato Soup
Deli Sandwich

15

Cinnamon Rolls

Breakfast
For Lunch

22

Oatmeal Rounds

Fish & Chips

Deli Sandwich

29

Biscuits & Gravy

Nachos

Little Dipper Bentos

A variety of fresh fruits and vegetables are available daily on our offering bar. Every day choices of 1% and nonfat milk are available. All of our bread items are whole wheat or whole grain. Whole grain cereal is offered daily as a choice for breakfast. Menu items are subject to change due to availability.

Welcome back!!! We missed you!!

SEPTEMBER 2023

GARIBALDI GRADE SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday



4
LABOR DAY

5
Blueberry Muffins
Enchiladas
Chef's Salad

6
Cinnamon Bagel
Mac & Cheese
Deli Sandwich

7
Pancake/Sausage Bites
Sloppy Joe's & Tots
Chicken Taco Salad

8
Breakfast Pizza
Toasted Cheese & Tomato Soup
Deli Sandwich

11
Yogurt & Fruit
Cheesy Breadsticks & Marinara
Deli Sandwich

12
Pancake on a Stick
Taco Tuesday
Chef's Salad

13
Benefit Bar
Spaghetti
Chicken Salad

14
Very Berry Overnight Oats
Cheeseburger & Fries
Deli Sandwich

15
Cinnamon Rolls
Breakfast For Lunch

18
Waffles
Corn Dog & Fries
Tuna Sandwich

19
Scrambled Eggs & English Muffin
Chicken Soft Taco
Deli Sandwich

20
Blueberry Muffin
Tater Tot Casserole
Chef's Salad

21
Breakfast Burrito
Pulled Pork Sandwich
Taco Salad

22
Oatmeal Rounds
Fish & Chips
Deli Sandwich

25
PROFESSIONAL DEVELOPMENT NO SCHOOL

26
French Toast
Pig-In-A-Blanket
Deli Sandwich

27
Tater Topped Breakfast Burrito
Chicken/Potato/Gravy Bowl
Cobb Salad

28
Benefit Bar
Pizza Burger
Chef's Salad

29
Biscuits & Gravy
Nachos
Little Dipper Bentos

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SEPTEMBER 2023

NEAH-KAH-NIE MIDDLE SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday



4
LABOR DAY

5
Blueberry Muffins
Enchiladas
Chef's Salad

6
Very Berry Overnight Oat
Mac & Cheese
Deli Sandwich

7
Breakfast Sandwich
Sloppy Joe's & Tots
Chicken Taco Salad

8
Cinnamon Bagel
Toasted Cheese & Tomato Soup
Deli Sandwich

11
Yogurt & Fruit
Cheesy Breadsticks & Marinara
Deli Sandwich

12
Pancake on a Stick
Taco Tuesday
Chef's Salad

13
Biscuits & Gravy
Spaghetti
Chicken Salad

14
Breakfast Bar
Cheeseburger & Fries
Deli Sandwich

15
Breakfast Rounds
Breakfast For Lunch

18
French Toast
Corn Dog & Fries
Tuna Sandwich

19
Breakfast Bagel
Chicken Soft Taco
Deli Sandwich

20
Scrambled Eggs & Hash
Tater Tot Casserole
Chef's Salad

21
Pancakes
Pulled Pork Sandwich
Taco Salad

22
Yogurt & English Muffin
Fish & Chips
Deli Sandwich

25
PROFESSIONAL DEVELOPMENT NO SCHOOL

26
Banana Bread
Hot Dog & Cole Slaw
Chef's Salad

27
Very Berry Overnight Oat
Chicken/Potato/Gravy Bowl
Cobb Salad

28
Breakfast Sandwich
Pizza Burger
Deli Sandwich

29
Cinnamon Roll
Nachos
Deli Sub

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SEPTEMBER 2023

NEAH-KAH-NIE HIGH SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday



1

4

LABOR DAY

11

Yogurt & Fruit

Cheesy Breadsticks
& Marinara
Deli Sandwich

18

French Toast

Corn Dog & Fries
Tuna Sandwich

25

PROFESSIONAL
DEVELOPMENT
NO SCHOOL

5

Blueberry Muffins

Enchiladas

Chef's Salad

12

Pancake on a Stick

Taco Tuesday

Chef's Salad

19

Breakfast Bagel

Chicken Soft Taco

Deli Sandwich

26

Banana Bread

Hot Dog & Cole Slaw

Chef's Salad

6

Very Berry Overnight Oat

Mac & Cheese

Deli Sandwich

13

Biscuits & Gravy

Spaghetti

Chicken Salad

20

Scrambled Eggs & Hash

Tater Tot Casserole

Chef's Salad

27

Very Berry Overnight Oat

Chicken/Potato/Gravy
Bowl

Cobb Salad

7

Breakfast Sandwich

Sloppy Joe's & Tots

Chicken Taco Salad

14

Breakfast Bar

Cheeseburger & Fries

Deli Sandwich

21

Pancakes

Pulled Pork Sandwich

Taco Salad

28

Breakfast Sandwich

Pizza Burger

Deli Sandwich

8

Cinnamon Bagel

Toasted Cheese &
Tomato Soup
Deli Sandwich

15

Breakfast Rounds

Breakfast
For Lunch

22

Yogurt & English Muffin

Fish & Chips

Deli Sandwich

29

Cinnamon Roll

Nachos

Deli Sub

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