

OCTOBER 2024

NEAH-KAH-NIE HIGH SCHOOL

A variety of sandwiches are Available daily as an option for lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	Egg & Cheese Bagel 1 Tacos	Blueberry Muffin 2 Spaghetti	Sausage & Biscuit 3 Chicken Burger	Oatmeal Rounds 4 Fish & Chips
Pancakes 7 Cheesy Breadsticks With Marinara	Breakfast Sandwich 8 Chicken Quesadilla	Banana Bread 9 Mac & Cheese	Breakfast Burrito 10 Teriyaki Chicken & Rice	Cinnamon Rolls 11 Chicken Strips and Fries
Waffles 14 Corn Dog	Yogurt & Grahams 15 Enchiladas	Breakfast Bar 16 WING WEDNESDAY	Pancake on a Stick 17 Sloppy Joe's	Blueberry Muffin 18 Meatball Sub
French Toast 21 Chicken Potato Bowl	Breakfast Bagel 22 Nachos	Sausage & Biscuit 23 Chicken Alfredo	PARENT/TEACHER CONFERENCES 24 NO SCHOOL	PARENT/TEACHER CONFERENCES 25 NO SCHOOL
Pancakes 28 Hot Dog & Baked Beans	Breakfast Bar 29 Burritos	Smoothies 30 Orange Chicken Over Rice	Scrambled Eggs & Biscuit 31 CANDY CORN PIZZA	



A variety of fresh fruits and vegetables are available daily on our offering bar. All of our bread items are whole wheat or whole grain. Gluten free options are available. Fat-free and 1% milks are offered daily. Whole grain cereals are an option at breakfast. Menu items are subject to change.

"This institute is an equal opportunity provider"

OCTOBER 2024

NEAH-KAH-NIE MIDDLE SCHOOL

A variety of sandwiches are available daily as an option for lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	Egg & Cheese Bagel 1 Tacos	Blueberry Muffin 2 Spaghetti	Sausage & Biscuit 3 Chicken Burger	Oatmeal Rounds 4 Fish & Chips
Pancakes 7 Cheesy Breadsticks With Marinara	Breakfast Sandwich 8 Chicken Quesadilla	Banana Bread 9 Mac & Cheese	Breakfast Burrito 10 Teriyaki Chicken & Rice	Cinnamon Rolls 11 Chicken Strips and Fries
Waffles 14 Corn Dog	Yogurt & Grahams 15 Enchiladas	Breakfast Bar 16 WING WEDNESDAY	Pancake on a Stick 17 Sloppy Joe's	Blueberry Muffin 18 Meatball Sub
French Toast 21 Chicken Potato Bowl	Breakfast Bagel 22 Nachos	Sausage & Biscuit 23 Chicken Alfredo	PARENT/TEACHER CONFERENCES 24 NO SCHOOL	PARENT/TEACHER CONFERENCES 25 NO SCHOOL
Pancakes 28 Hot Dog & Baked Beans	Breakfast Bar 29 Burritos	Smoothies 30 Orange Chicken Over Rice	Scrambled Eggs & Biscuit 31 CANDY CORN PIZZA	



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NEHALEM ELEMENTARY

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Monday	Tuesday	Wednesday	Thursday	Friday
	Egg & Cheese Bagel 1 Tacos	Blueberry Muffin 2 Spaghetti	Sausage & English Muffin 3 Chicken Burger	Oatmeal Rounds 4 Fish & Chips
Pancakes 7 Cheesy Breadsticks With Marinara	Breakfast Sandwich 8 Chicken Quesadilla	Banana Bread 9 Mac & Cheese	Breakfast Burrito 10 Teriyaki Chicken & Rice	Cinnamon Rolls 11 Chicken Strips and Rice Pilaf
Waffles 14 Corn Dog	Yogurt & Grahams 15 Enchiladas	Breakfast Bar 16 Crispy Drumstick and Mashed Potatoes	Pancake on a Stick 17 Sloppy Joe's	Blueberry Muffin 18 Pizza Sticks
Cinnamon Bagel 21 Chicken Potato Bowl	Breakfast Bagel 22 Nachos	Sausage & Biscuit 23 Chicken Alfredo	24 PARENT/TEACHER CONFERENCES NO SCHOOL	25 PARENT/TEACHER CONFERENCES NO SCHOOL
Pancakes 28 Hot Dog & Baked Beans	Breakfast Bar 29 Burritos	Yogurt & Grahams 30 Orange Chicken Over Rice	Scrambled Eggs & English Muffin 31 CANDY CORN PIZZA	



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OCTOBER 2024

GARIBALDI GRADE SCHOOL

A variety of sandwiches are
Available daily as an option
for lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	Egg & Cheese Bagel 1 Tacos	Blueberry Muffin 2 Spaghetti	Sausage & English Muffin 3 Chicken Burger	Oatmeal Rounds 4 Fish & Chips
Pancakes 7 Cheesy Breadsticks With Marinara	Breakfast Sandwich 8 Chicken Quesadilla	Banana Bread 9 Mac & Cheese	Breakfast Burrito 10 Teriyaki Chicken & Rice	Cinnamon Rolls 11 Chicken Strips and Rice Pilaf
Waffles 14 Corn Dog	Yogurt & Grahams 15 Enchiladas	Breakfast Bar 16 Crispy Drumstick and Mashed Potatoes	Pancake on a Stick 17 Sloppy Joe's	Blueberry Muffin 18 Pizza Sticks
Cinnamon Bagel 21 Chicken Potato Bowl	Breakfast Bagel 22 Nachos	Sausage & Biscuit 23 Chicken Alfredo	24 PARENT/TEACHER CONFERENCES NO SCHOOL	25 PARENT/TEACHER CONFERENCES NO SCHOOL
Pancakes 28 Hot Dog & Baked Beans	Breakfast Bar 29 Burritos	Yogurt & Grahams 30 Orange Chicken Over Rice	Scrambled Eggs & English Muffin 31 CANDY CORN PIZZA	



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