

September 2011 Elementary Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	Menu nutritional info is available at www.nkschools.org Click: Support Services / Food Service	PRICES: Paid Lunch --- \$2.50 Reduced Lunch (K-5) free Paid Breakfast --- \$1.50 Reduced Breakfast (K-5) free Milk (ala carte) ---\$0.75	Online Payments are accepted at www.nkschools.org Click: Family Access / Food Service	
	5	6	7	8
	Welcome Back!	Half Day *** Breakfast Only!	•Beef Gravy w/ mashed potatoes & whole grain breadstick •Salad Bar Entrée Fruit & Veggie Bar w/ bananas	9 Bag Lunch Day •Chicken Patty Sandwich •Whole Grain Corn Dog Assorted Fresh Fruit & Veggies Frozen Juice Bar
12	13	14	15	16
•Soft Taco Bar w/ beef, fajita chicken or refried beans Bar includes: lettuce, cheese, salsa, sour cream and olives Fruit & Veggie Bar w/ oranges	•Orange Glazed Chicken Nuggets w/ rice •Yogurt, string cheese & Goldfish Grahams Fruit & Veggie Bar w/ apples	•Sloppy Joe w/ oven baked tater tots •Popcorn Chicken & Cheese Wrap Fruit & Veggie Bar w/ seasonal fresh fruit	•Spaghetti w/ meat sauce & garlic bread •Salad Bar Entrée Fruit & Veggie Bar w/ bananas	Half Day *** Breakfast Only!
19	20	21	22	23
•Pepperoni Pizza •Cheese Pizza Fruit & Veggie Bar w/ oranges	•Teriyaki Beef w/ brown rice & steamed veggies •Yogurt, string cheese & Goldfish Grahams Fruit & Veggie Bar w/ apples	21 Brunch for Lunch •Pancakes w/ sausage links •Texas Cheese Toast Fruit & Veggie Bar w/ seasonal fresh fruit	•Baked Mac & Cheese w/breadstick •Salad Bar Entrée Fruit & Veggie Bar w/ bananas	23 Bag Lunch Day •Hamburger •Cheeseburger •Veggie Burger w/ lettuce, tomatoes & pickles Assorted Fresh Fruit & Veggies Rice Krispie Treat
26	27	28	29	30
•Soft Taco Bar w/ beef, fajita chicken or refried beans Bar includes: lettuce, cheese, salsa, sour cream and olives Fruit & Veggie Bar w/ oranges	•Toasted Cheese Sandwich w/ Tomato Soup •Yogurt, string cheese & Goldfish grahams Fruit & Veggie Bar w/ apples	•Baked BBQ Chicken w/roll Hot Vegetarian Beans Fruit & Veggie Bar w/seasonal fresh fruit	•Homemade Chili w/ tortilla chips •Salad Bar Entrée Fruit & Veggie Bar w/ bananas	30 Bag Lunch Day •Little Pizza Bites •Whole Grain Corn Dog Assorted Fresh Fruit & Veggies Pudding Pop

Lunch Includes:

(1) Entrée, fruit & veggie bar, milk (1%white or fat free chocolate) and/ or juice

Breakfast Includes:

(1)Entrée, milk (1%white) and/or juice

Daily Breakfast Offerings:

Cereal & Crackers
 Breakfast Pizza
 Breakfast Special

Breakfast Special will be one of the following:

French Toast Sticks
 Pancake & Sausage on a stick
 Egg & Cheese Biscuit
 Cinnamon Roll
 Oatmeal Breakfast Round

We reserve the right to make menu changes as needed.

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