



Nerstrand Breakfast

DEC 2021

MONDAY

Menu subject to change based on supplies on hand

TUESDAY

WEDNESDAY

1
Cherry Frudel
Orange Juice
Applesauce Cup
Assorted Milk

THURSDAY

2
Chocolate Muffin
Grape Juice
Peach Cup
Assorted Milk

FRIDAY

3
Cocoa Puffs
Cheese Stick
Pear Cup
Orange Juice
Assorted Milk

A VARIETY OF FRESH & CHILLED FRUITS, 100% FRUIT JUICES, AND/OR DRIED FRUIT OFFERED DAILY

6

Cinnamon Toast Crunch
Assorted Crackers
Apple Juice
Mix Fruit Cup
Assorted Milk

7

Banana Bread
Craisin
Pear Cup
Assorted Milk

8

Cinni Mini Bagels
Orange Juice
Applesauce Cup
Assorted Milk

9

Pop Tart
String Cheese
Grape Juice
Peach Cup
Assorted Milk

10

Blueberry Muffin
String Cheese
Pear Cup
Orange Juice
Assorted Milk

LOWFAT AND FAT FREE MILK OFFERED DAILY

13

Golden Graham
Assorted Cracker
Apple Juice
Mix Fruit Cup
Assorted Milk

14

Assorted Cracker
String Cheese
Craisin
Pear Cup
Assorted Milk

15

Ultimate Breakfast Round
Orange Juice
Applesauce Cup
Assorted Milk

16

Chocolate Muffin
Cheese Stick
Grape Juice
Peach Cup
Assorted Milk

17

Assorted Breakfast Items
Assorted Fruit Cup
Assorted Juice Cup
Assorted Milk

20

Trix Cereal
Assorted Cracker
Apple Juice
Mix Fruit Cup
Assorted Milk

21

Ultimate Breakfast Round
Craisin
Pear Cup
Assorted Milk

22

No School

23

No School

24

No School

28



30





Nerstrand Lunch

DEC 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menu subject to change based on supplies on hand

1
Beef Hot Dog
Chef Salad w/Cracker
Hot Veggie
Veggie Tray
Canned Fruit
Fresh Fruit
Milk

2
Chicken patty on a Bun
Turkey Ham Sandwich
Hot Veggie
Veggie Tray
Romaine Salad
Fruit
Fresh Fruit
Milk

3
Classic Macaroni & Cheese w/Dinner Roll
Fun on the Run w/Choc. Muffin
Hot Veggie
Veggie Tray
Canned Fruit
Fresh Fruit
Milk

Offered Daily: Fresh Fruits, Vegetables, Nonfat & Lowfat Milk

6
Chicken Patty on a Bun
Yogurt & Fruit Parfait & Cracker
Hot Veggie
Veggie Tray
Fruit
Fresh Fruit
Milk

7
French Toast Sticks & Turkey Sausage
Italian Deli Sandwich
Hot Veggie
Veggie Tray
Romaine Salad
Canned Fruit
Fresh Fruit
Milk

8
Beef Hot Dog
Fiesta Salad w/Cracker
Hot Veggie
Veggie Tray
Canned Fruit
Fresh Fruit
Assorted Milk

9
Mozzarella Stuffed Breadsticks
Bento Box Sandwich
Hot Veggie
Veggie Tray
Fruit
Fresh Fruit
Milk

10
Chick'n Nuggets w/Seasoned Rice
Fiesta Salad w/Crackers
Hot Veggie
Veggie Tray
Canned Fruit
Fresh Fruit
Assorted Milk

13
Cheeseburger
Bento Box Sandwich
Hot Veggie
Veggie Tray
Canned Fruit
Fresh Fruit
Milk

14
Chicken Corn Dog
Chicken Caesar Salad w/Cracker
Hot Veggie
Veggie Tray
Romaine Salad
Canned Fruit
Fresh Fruit
Milk

15
Chicken Patty on a Bun
Turkey Sandwich
Hot Veggie
Veggie Tray
Canned Fruit
Fresh Fruit
Milk

16
Popcorn Chicken & Seasoned Rice
American Sandwich
Hot Veggie
Veggie Tray
Fruit
Fresh Fruit
Milk

17
Beef Hot Dog
American Sandwich
Hot Veggie
Veggie Tray
Canned Fruit
Fresh Fruit
Assorted Milk

20
Cheeseburger
Sandwich Bento Box
Hot Veggies
Veggie Tray
Canned Fruit
Fresh Fruit
Milk

21
Chunky Chicken Gravy
Fun on the run w/ Choc. Muffin
Hot Veggie
Veggie Tray
Canned Fruit
Fresh Fruit
Milk
Treat

22
No School

23
No School

24
No School

27
No School

28
No School

29
No School

30
No School

31
No School