

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

**3**  
 Chicken Nuggets w/ Seasoned Rice  
 Turkey Ham Sandwich  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**4**  
 Bosco Stick  
 Chef Salad w/Cracker  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**5**  
 Beef Hot Dog  
 Fun on the Run (Chocolate Muffin)  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**6**  
 Pancake w/Sausage  
 Turkey Sandwich  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**7**  
 Cheese Pizza  
 Caesar Salad w/Cracker  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

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

**10**  
 Cheeseburger  
 Yogurt Parfait  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**11**  
 French Toast Sticks w/Turkey Sausage  
 Italian Deli Sandwich  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**12**  
 Beef Hot Dog  
 Fun on the Run (Chocolate Muffin)  
 French Fries  
 Veggie Tray  
 Fresh Banana

**13**  
 Bosco Stick  
 Crispy Chicken Wrap  
 Baked Beans  
 Veggie Tray  
 Apple Sauce

**14**  
 Chick'n Nuggets w/Rice  
 Bento Box Sandwich  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**17**  
 No School

**18**  
 No School

**19**  
 Chicken Patty on a Bun  
 Turkey Sandwich  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**20**  
 Chicken Comdog  
 Turkey Ham Sub  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**21**  
 Cheese Pizza  
 Yo to Go  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**24**  
 Cheeseburger  
 Chicken Drumstick  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**25**  
 Walking Taco  
 Turkey Sub  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**26**  
 Beef Hot Dog  
 Chef Salad  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**27**  
 Chicken Patty on a Bun  
 Turkey Sandwich  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**28**  
 Chicken and Waffle Stacker  
 Yogurt Parfait  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

**31**  
 Cheeseburger  
 Turkey Sandwich  
 Hot Veggie  
 Veggie Tray  
 Fruit  
 Milk

Menu subject to change based on supplies on hand.



# Nerstrand Breakfast

# JAN 2022

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**3**

Cocoa Puffs  
Cheese Stick  
Fruit  
Milk

**4**

Cracker  
Cheese Stick  
Fruit  
Milk

**5**

Ultimate Breakfast Round  
Fruit  
Milk

**6**

Popart  
Cheese Stick  
Fruit  
Milk

**7**

Chocolate Muffin  
Cheese Stick  
Fruit  
Milk

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

**10**

Golden Grahams Cereal  
Cheese Stick  
Fruit  
Milk

**11**

Ultimate Breakfast Round  
Fruit  
Milk

**12**

Cherry Frudel  
Fruit  
Milk

**13**

Chocolate Muffin  
Cheese Stick  
Fruit  
Milk

**14**

Trix Cereal  
Cheese Sticks  
Fruit  
Milk

LOWFAT AND FAT FREE MILK OFFERED DAILY

**17**

No School

**18**

No School

**19**

Cinnamon Toast Cereal  
Assorted Cracker  
Fruit  
Milk

**20**

Pop Tart  
String Cheese  
Fruit  
Milk

**21**

Blueberry Muffin  
Cheese Stick  
Fruit  
Milk

**24**

Cocoa Puffs  
Cracker  
Fruit  
Milk

**25**

Cracker  
Cheese Stick  
Fruit  
Milk

**26**

Ultimate Breakfast Round  
Fruit  
Milk

**27**

Popart  
Cheese Stick  
Fruit  
Milk

**28**

Banana Muffin  
Cheese Stick  
Fruit  
Milk

**31**

Cinnamon Toast Crunch  
Assorted Cracker  
Fruit  
Milk

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This institution is an equal opportunity provider.