

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 No School	2 French Toast & Turkey Sausage Italian Deli Sandwich Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	3 Beef Hot Dog Italian Deli Sandwich Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	4 Beefy Nachos Crispy Chicken Wrap Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	5 Chick'n Nuggets & Dinner Roll Sandwich Bento Box Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk
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Offered Daily: Fresh Fruits, Vegetables, Nonfat & Lowfat Milk

8 Cheeseburger Protein Power Up Box Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	9 Chicken Drumstick & Dinner Roll Protein Power Up Box Assorted Hot Veggies Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	10 Chicken Patty on a Bun Turkey Sandwich Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	11 Popcorn Chicken Fruit & Yo-To-Go Box Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	12 Cheese Pizza American Sandwich Steamed Broccoli Veggie Tray Mix Fruit Fresh Oranges Assorted Milk
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15 Cheeseburger Sandwich Bento Box Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	16 Beefy Nachos Chef Salad & Cracker Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	17 Beef Hot Dog Turkey Ham Sandwich Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	18 Chicken Patty on a Bun Yogurt & Fruit Parfait w/Cracker Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	19 Chicken and Waffle Stacker Crispy Chicken Wrap Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk
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22 Cheeseburger Turkey Sandwich Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	23 Pancakes & Sausage Fruit & Yo-To-Go Box Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk Treat	24 No School	25 No School	26 No School
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29 Cheese Ravioli & Dinner Roll Turkey Ham Sandwich Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	30 Mozzarella Stuffed Breadsticks Fruit & Yo-To-Go Box Assorted Hot Veggie Veggie Tray Assorted Canned Fruit Assorted Fresh Fruit Assorted Milk	No School	Menu subject to change based on supplies on hand	No School
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Nerstrand Breakfast Menu

NOV 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 No School	2 Cinnamon Toast Crunch Cereal Assorted Cracker Pear Cup Craisin Assorted Milk	3 Ultimate Breakfast Round Orange Juice Applesauce Cup Assorted Milk	4 Pop-Tarts Cheese Stick Grape Juice Peach Cup Assorted Milk	5 Chocolate Muffin Applesauce Orange Juice Assorted Milk
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A VARIETY OF FRESH & CHILLED FRUITS, 100% FRUIT JUICES, AND/OR DRIED FRUIT OFFERED DAILY

8 Cocoa Puffs Assorted Cracker Apple Juice Mix Fruit Cup Assorted Milk	9 Assorted Cracker Cheese Stick Craisin Pear Cup Assorted Milk	10 Banana Bread Slice Orange Juice Applesauce Cup Assorted Milk	11 Banana Muffin Peach Cup Raisin Assorted Milk	12 Mini Cinni Buns Grape Juice Pear Cup Assorted Milk
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LOWFAT AND FAT FREE MILK OFFERED DAILY

15 Golden Grahams Assorted Cracker Apple Juice Mix Fruit Cup Assorted Milk	16 Banana Bread Pear Cup Craisin Assorted Milk	17 Cinnamon Mini Bagels Orange Juice Applesauce Cup Assorted Milk	18 Pop-Tart Cheese Stick Peach Cup Raisin Assorted Milk	19 Chocolate Muffin Grape Juice Pear Cup Assorted Milk
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22 Trix Cereal Assorted Cracker Apple Juice Mix Fruit Cup Assorted Milk	23 Strawberry Mini Bagel Pear Cup Craisin Assorted Milk	24 No School	25 No School	26 No School
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29 Cinnamon Toast Crunch Cereal Assorted Cracker Apple Juice Mix Fruit Cup Assorted Milk	30 Ultimate Breakfast Round Pear Cup Craisin Assorted Milk			Menu subject to change based on supplies on hand.
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This institution is an equal opportunity provider.