

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menu subject to change based on supplies on hand.

1
Cheese Pizza
Sandwich Bento Box
Steamed Carrots
Veggie Tray
Pineapple Tidbits
Fresh Oranges
Assorted Milk

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

4
Cheeseburger
Protein Power Up Box
Steamed Corn
Assorted Veggies
Diced Peaches
Fresh Apple
Assorted Milk

5
Popcorn Chicken & Roll
Chicken Caesar Salad & Roll
Mixed Vegetables
Veggie Tray
Romaine Salad
Applesauce
Fresh Oranges
Assorted Milk

6
Crispy Chicken Sandwich
Turkey Sandwich
Potato Wedges
Veggie Tray
Diced Pears
Fresh Apple
Assorted Milk

7
Chicken Corn Dog
Fruit & Yo-To-Go Box
Baked Beans
Veggie Tray
Romaine Salad
Pineapple Tidbits
Assorted Milk

8
Italian Meatball Sandwich
Turkey Ham Sandwich
Steamed Carrots
Veggie Tray
Mix Fruit
Fresh Oranges
Assorted Milk

11
Cheeseburger
Sandwich Bento Box
Steamed Broccoli
Veggie Tray
Diced Peaches
Fresh Apple
Assorted Milk

12
Giant Taco
Chef Salad
Mixed Vegetables
Shredded Romaine
Veggie Tray
Diced Pears
Fresh Oranges
Assorted Milk

13
Beef Hot Dog
Turkey Ham Sandwich
Baked Beans
Veggie Tray
Applesauce
Fresh Banana
Assorted Milk

14
Crispy Chicken Sandwich
Yogurt & Fruit Parfait
Steamed Carrots
Veggie Tray
Pineapple Tidbits
Fresh Apple
Assorted Milk

15
Chicken & Waffle Stackers
Crispy Chicken Wrap
Sweet Potato Fries
Veggie Tray
Mix Fruit
Fresh Orange
Assorted Milk

18
Lasagna Rollup & Roll
Turkey Sandwich
Steamed Green Beans
Veggie Tray
Applesauce
Fresh Orange
Assorted Milk

19
Pancakes & Turkey Sausage
Pizza Bento Box
Steamed Peas
Veggie Tray
Diced Peaches
Fresh Apple
Assorted Milk

20
No School

21
No School

22
No School

25
Chicken Nuggets & Roll
Turkey Ham Sandwich
Mixed Vegetables
Veggie Tray
Diced Pears
Fresh Apple
Assorted Milk

26
Mozzarella Stuffed Breadsticks
Fruit & Yo-To-Go Box
Baked Beans
Romaine Salad
Veggie Tray
Mix Fruit
Fresh Orange
Assorted Milk

27
Orange Chick'n Bowl
Sandwich Bento Box
Steamed Carrots
Veggie Tray
Pineapple Tidbits
Fresh Banana
Assorted Milk

28
Crispy Chicken Sandwich
Garden Green Salad & Roll
Tater Tots
Romaine Salad
Veggie Tray
Diced Peaches
Fresh Apple
Assorted Milk

29
Cheese Pizza
Turkey Sandwich
Seasoned Green Beans
Veggie Tray
Applesauce
Fresh Oranges
Assorted Milk



Nerstrand Breakfast

OCT 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Menu subject to change based on supplies on hand.</p>				<p>1 Cinnamon Toast Crunch Cereal Bar Graham Crackers Applesauce Orange Juice Assorted Milk</p>
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A VARIETY OF FRESH & CHILLED FRUITS, 100% FRUIT JUICES, AND/OR DRIED FRUIT OFFERED DAILY

<p>4 Chocolate Muffin Apple Juice Mix Fruit Cup Assorted Milk</p>	<p>5 Banana Bread Ultra Slice Craisin Pear Cup Assorted Milk</p>	<p>6 Cinnamon Mini Bagels Orange Juice Applesauce Cup Assorted Milk</p>	<p>7 Pop-Tart String Cheese Grape Juice Assorted Milk</p>	<p>8 Tootie Fruities Cheese Stick Raisin Orange Juice Assorted Milk</p>
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LOWFAT AND FAT FREE MILK OFFERED DAILY

<p>11 Golden Grahams Cheese Stick Apple Juice Mix Fruit Cup Assorted Milk</p>	<p>12 Cinnamon Bread Pear Cup Craisin Assorted Milk</p>	<p>13 Ultimate Breakfast Round Orange Juice Applesauce Assorted Milk</p>	<p>14 Cocoa Puffs Cheese Stick Peach Cup Raisin Assorted Milk</p>	<p>15 Chocolate Muffin Grape Juice Pear Cup Assorted Milk</p>
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<p>18 Cinnamon Toast Crunch Cheese Stick Apple Juice Mix Fruit Cup Assorted Milk</p>	<p>19 Ultimate Breakfast Round Pear Cup Craisin Assorted Milk</p>	<p>20 No School</p>	<p>21 No School</p>	<p>22 No School</p>
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<p>25 Cocoa Puffs Assorted Cracker Apple Juice Mix Fruit Cup Assorted Milk</p>	<p>26 Banana Bread Ultra Slice Pear Cup Craisin Assorted Milk</p>	<p>27 Cinnamon Mini Bagel Orange Juice Applesauce Assorted Milk</p>	<p>28 Pop-Tart String Cheese Peach Cup Craisin Assorted Milk</p>	<p>29 Blueberry Muffin String Cheese Grape Juice Assorted Milk</p>
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This institution is an equal opportunity provider.