

September 2022

NKSD Elementary Menu



Monday

Tuesday

Wednesday

Thursday

Friday



Did you know?



The Romans often associated different months with different gods. September is associated with Vulcan, the Roman god of fire.

Happy Labor Day



Breakfast-Breakfast Sandwich **6**

~Pizza
~Yogurt Lunch



Fruit & Veggie Bar

Breakfast-Breakfast Pizza **7**

~Brunch 4 Lunch
~PB&J Lunch

Fruit & Veggie Bar

Breakfast-Muffin & Yogurt **8**

~Beef Soft Taco
~Yogurt Lunch



Fruit & Veggie Bar

Breakfast-Breakfast Burrito **9**

~Hot Dog w/ Baked Beans & Chips
~PB&J Lunch

Fruit & Veggie Bar

Breakfast-Pancakes **12**

~Pizza
~PB&J Lunch

Fruit & Veggie Bar

Breakfast-Buttermilk Bar **13**

~Cheeseburger
~Yogurt Lunch

Fruit & Veggie Bar

Breakfast-Oatmeal Breakfast Bar **14**

~Super Nachos
~PB&J Lunch



Fruit & Veggie Bar

Breakfast-WG Long John **15**

~Teriyaki Chicken & Rice
~Yogurt Lunch

Fruit & Veggie Bar

Breakfast-French Toast Sticks **16**

~Chicken Nuggets w/ Mashed Potatoes
~PB&J Lunch

Fruit & Veggie Bar

Breakfast-Bagel w/ Cream Cheese **19**

~Pizza
~PB&J Lunch

Fruit & Veggie Bar



Breakfast-Breakfast Sandwich **20**

~Pasta w/ Meatsauce
~Mini Corn Dogs
~Yogurt Lunch

Fruit & Veggie Bar

Breakfast-Breakfast Pizza **21**

~Brunch 4 Lunch
~PB&J Lunch

Fruit & Veggie Bar

Breakfast-Muffin & Yogurt **22**

~Orange Chicken & Rice
~Yogurt Lunch

Fruit & Veggie Bar

Breakfast-Breakfast Burrito **23**

~Hot Dog & a Treat
~PB&J Lunch

Fruit & Veggie Bar

Breakfast-Pancakes **26**

~Pizza
~PB&J Lunch

Fruit & Veggie Bar



Breakfast-WG Buttermilk Bar **27**

~Deli Sandwich
~Baked Cheese Sticks
~Yogurt Lunch

Fruit & Veggie Bar

Breakfast-Oatmeal Breakfast Bar **28**

~Chicken Burger
~PB&J Lunch

Fruit & Veggie Bar



Breakfast-WG Long John **29**

Professional Development Day

½ Day for Students Breakfast Only

Breakfast-French Toast Sticks **30**

Professional Development Day

½ Day for Students Breakfast Only

Meal Prices

Breakfast

Free – for students who qualify for Free or Reduced-price meals.

Paid

\$2.50 Grades K-5
\$2.75 Grades 6-12

Lunch

Free – for students who qualify for Free or Reduced-price meals.

Paid

\$3.75 Grades K-5
\$4.00 Grades 6-12

Breakfast

Breakfast is offered daily at all schools.

Cereal and fruit plus two other choices are offered daily for students to select from.

Free Meals

All applications for Free or Reduced-price meals from last school year will expire on October 13th.

You will need to re-apply. Applications were emailed to you in August. You may also pick one up in your school office or apply online through

Skyward Family Access. All charges that accrue after your application has expired will be your responsibility to repay.

This institution is an equal opportunity provider.