



NECSD K-8 Breakfast & Lunch Menu

NOVEMBER 2022

	<p>1</p> <p>Breakfast: WG Berry Scone 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Mini Chicken Corn Dogs Whole Wheat Dinner Roll Baked Sweet Potato Fries Steamed Green Beans Choice of Milk</p>	<p>2</p> <p>Breakfast: WG Pumpkin Bread 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Homemade Pepperoni & Cheese French Bread Garlic Parmesan Zucchini White Bean Salad Choice of Milk</p>	<p>3</p> <p>Breakfast: Big Bowl of Honey Cheerios 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Crunchy Beef Tacos w/ Assorted Toppings Steamed Brown Rice Steamed Carrot Coins Choice of Milk</p>	<p>4</p> <p>Breakfast: WG Apple Cinnamon Muffin Mozzarella Cheese Stick 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Homemade Cheese Pizza Tossed Romaine Salad Chilled Cinnamon Pears Choice of Milk</p>
<p>7</p> <p>Breakfast: Zee Zee's Grahams Low fat Yogurt 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Grilled Chicken Filet on a Whole Wheat Roll w/ Lettuce, Tomato and Goldback Sauce! Oven Baked Fries Steamed Green Beans Choice of Milk</p>	<p>8</p> <p>Superintendent's Conference Day</p> <p>No School for Students</p>	<p>9</p> <p>Breakfast: WG Blueberry Bread 100% Juice/Fruit Choice of Milk</p> <p>BRUNCH for Lunch: Cinnamon French Toast Sticks w/ Warm Blueberry Sauce Turkey Sausage Patty Oven Roasted Potatoes Mini Yogurt Parfait Choice of Milk</p>	<p>10</p> <p>Breakfast: Chicken on a Biscuit 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Beef or Black Bean Nachos w/ Assorted Toppings Steamed Corn Steamed Brown Rice Choice of Milk</p>	<p>11</p> <p>Veteran's Day</p> <p>No School</p>
<p>14</p> <p>Breakfast: Nut-Free Granola Low fat Yogurt 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Golden Chicken Tenders w/ an Emoji Waffle Baked Fries Steamed Carrot Coins Choice of Milk</p>	<p>15</p> <p>Breakfast: Pancake Sausage on a Stick 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Grilled Cheese on Whole Wheat Bread Homemade Lentil Soup Steamed Broccoli Choice of Milk</p>	<p>16</p> <p>Breakfast: WG Banana Bread 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Golden Breaded Chicken Filet on a Whole Wheat Roll Oven Baked Fries Steamed Carrot Coins Choice of Milk</p>	<p>17</p> <p>Breakfast: WG Bagel with Cream Cheese 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Roasted Turkey & Gravy Homemade Stuffing Mashed Potatoes Steamed Green Beans Homemade Apple Crisp Choice of Milk</p>	<p>18</p> <p>Breakfast: WG Blueberry Muffin Mozzarella Cheese Stick 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Homemade Cheese Pizza Cucumber Dill Salad Chilled Applesauce Choice of Milk</p>
<p>21</p> <p>Breakfast: Zee Zee's B-day Cake Bar Low fat Yogurt 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Chicken Mashed Potato Bowl WG Mini Biscuit Steamed Green Beans Choice of Milk</p>	<p>22</p> <p>Breakfast: Cinnamon French Toast Sticks 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Golden Fish Sticks w/ a Whole Wheat Dinner Roll Baked Sweet Potato Fries Black Bean & Corn Salad Choice of Milk</p>	<p>23</p> <p>Superintendent's Conference Day</p> <p>No School for Students</p>	<p>24</p> <p>25</p> <p style="background-color: #f4a460; padding: 10px; display: inline-block;">Thanksgiving Recess</p>	
<p>28</p> <p>Breakfast: Cinnamon UBR 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Boneless Chicken Wings Whole Wheat Dinner Roll Whipped Sweet Potatoes Steamed Green Beans Choice of Milk</p>	<p>29</p> <p>Breakfast: Maple Belgian Waffle 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Homemade Chicken Parmesan Stromboli Steamed Green Beans Chilled Diced Pears Choice of Milk</p>	<p>30</p> <p>Breakfast: WG Pumpkin Bread 100% Juice/Fruit Choice of Milk</p> <p>Lunch: Golden Breaded Chicken Drumstick Homemade Mac & Cheese Steamed Broccoli Choice of Milk</p>	<p>New for the 2022/2023 School Year!! Boar's Head Brand Deli Meats used for all Sandwiches!</p> <p>See Menu Back for Additions the Daily Alternate Meal Menu.</p> <p><small>**Menu subject to change based on supply chain issues</small></p>	

Meals are provided to ALL Students at NO Cost!