

September 2019



ELEMENTARY SCHOOLS: Richard Gordon, Hilder Pearson, David Wolfe, Poulsbo, Suquamish and Vinland

Monday

Food Service Substitutes Needed!

- Work only during school hours
- Fast Paced
- No Experience Necessary

Apply online at:
www.nkschools.org
 Or call (360) 396-3279 for more information!

Tuesday



Wednesday

Welcome Back!

Thursday

Friday

Components:

- Fruit
- Bread/Grain
- Vegetables
- Milk
- Meat/Meat Alternative



Reimbursable Lunch:

Students must select 3 of the 5 components offered. One of the components must be 1/2 cup of fruit and/or vegetables.

Fruit & Vegetable Bar Available Daily

Our Fruit & Vegetable Bar choices feature a variety of selections including local fresh fruits & vegetables.

Reimbursable Breakfast:

Students must select 3 of the 4 items offered. One of the items must be 1/2 cup of fruit. Each entrée is considered 2 items.

Elementary Breakfast Menu Options-

- Mon:** Breakfast Burrito, Mini Muffin w/Cheese Stick or Yogurt
- Tues:** Blueberry Pancake & Sausage on a Stick, Bagel & Cream Cheese
- Wed:** Breakfast Pizza w/Potato Triangle, Mini Muffin w/Cheese Stick or Yogurt
- Thurs:** Breakfast Sandwich, Chocolate Chip BeneFIT Bar
- Fri:** WG Long John w/Frosting & Sausage Links, Mini Muffin w/Cheese Stick or Yogurt
- Daily** - Assorted Cereal w/ cheese stick
- Daily** - Fresh and pre-portioned fruit
- Daily** - Choice of a lowfat or nonfat white milk

We are **NOT** a Gluten/Allergy Free Facility

Elementary Breakfast:

- Paid student \$2.00
- Free and Reduced students Free
- Adult \$2.75

Elementary Lunch:

- Paid student \$3.25
- Free and Reduced Students Free
- Adult \$4.50

We reserve the right to make menu changes as needed.

"This institution is an equal opportunity provider."

9

- * Big Daddy's Cheese Pizza
- * Big Daddy's Pepperoni Pizza
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

10

- * Super Nachos
- * PB&J Lunch
- * Yogurt Lunch

Fruit & Vegetable Bar

11

Brunch for Lunch

- * French Toast Sticks w/ Sausage Links & Strawberries
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

12

- * Chicken Nuggets w/ a Fresh Baked Roll (WG)
- * PB&J Lunch
- * Yogurt Lunch

Fruit & Vegetable Bar

13

- * Deli Sandwich - Turkey or Ham
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar
Cookie

16

- * Big Daddy's Cheese Pizza
- * Big Daddy's Pepperoni Pizza
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

17

- * Popcorn Chicken w/ a Fresh Baked Roll (WG)
- * PB&J Lunch
- * Yogurt Lunch

Fruit & Vegetable Bar

18

Brunch for Lunch

- * Cinnamon Roll w/ Sausage Links
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

19

- * Orange Chicken w/ Rice & a Fresh Baked Roll (WG)
- * Baked Cheese Sticks w/ Dipping Sauce
- * PB&J Lunch
- * Yogurt Lunch

Fruit & Vegetable Bar

20

- * All Beef Hot Dog w/ Fritos
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar
Frozen Juice Bar

23

- * Big Daddy's Cheese Pizza
- * Big Daddy's Pepperoni Pizza
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

24

- * Chicken Nuggets w/ a Fresh Baked Roll (WG)
- * PB&J Lunch
- * Yogurt Lunch

Fruit & Vegetable Bar

25

Brunch for Lunch

- * French Toast Sticks w/ Sausage Links & Strawberries
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

26

- * French Bread Pizza
- * PB&J Lunch
- * Yogurt Lunch

Fruit & Vegetable Bar

27

- * Fish Nuggets w/ Tater Tots
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar
Birthday Cookie

30

- * Big Daddy's Cheese Pizza
- * Big Daddy's Pepperoni Pizza
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

Did You Know?

September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.