



# JANUARY | 2022

## NW Middle School Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Cereal Graham 100% Apple or Orange Juice Or Fruit	4 Muffin Graham 100% Apple or Orange Juice Or Fresh Fruit	5 Cereal Goldfish Cracker 100% Apple or Orange Juice Or Fruit	6 Pop Tart w/string cheese Graham 100% Apple or Orange Juice Or Fresh Fruit	7 Cereal Graham 100% Apple or Orange Juice Or Fruit
10 Cereal Graham 100% Apple or Orange Juice Or Fruit	11 Cream Cheese Bagel Graham 100% Apple or Orange Juice Or Fresh Fruit	12 Cereal Goldfish Cracker 100% Apple or Orange Juice Or Fruit	13 Cinnamon Rolls Graham 100% Apple or Orange Juice Or Fresh Fruit	14 Cereal Graham 100% Apple or Orange Juice Or Fruit
17 Enter Text Here	18 Pop Tart w/string cheese Graham 100% Apple or Orange Juice Or Fresh Fruit	19 Cereal Goldfish Cracker 100% Apple or Orange Juice Or Fruit	20 Apple Crunch Bar Graham 100% Apple or Orange Juice Or Fresh Fruit	21 Cereal Graham 100% Apple or Orange Juice Or Fruit
24 Cereal Graham 100% Apple or Orange Juice Or Fruit	25 Double Chocolate Chip Muffin Graham 100% Apple or Orange Juice Or Fresh Fruit	26 Cereal Goldfish Cracker 100% Apple or Orange Juice Or Fruit	27 Donut Graham 100% Apple or Orange Juice Or Fresh Fruit	28 Cereal Graham 100% Apple or Orange Juice Or Fruit
31 Cereal Graham 100% Apple or Orange Juice Or Fruit	1	2 **All Breakfast/Lunches are free for the school year 2021-2022  Milk Prices: \$.50 ala carte	3	4

\*Ice Cold Milk offered  
Daily: \$.50 ala carte  
Fat-Free Chocolate  
Or 1% White

\*Menus are subject to change.

### **NEWS**

***We are experiencing paper and food shortages just like everyone else. Please bear with us as we are doing our best. Lunch's may be served a little different in the next few weeks.***

\*Please remember to fill out Free/Reduced lunch forms if you feel you qualify. Breakfast and lunches are free this school year but forms still need to be completed yearly. If qualified it helps with student's school fees and other areas within the school district.

### **Help**

\*We need subs for our Cafeterias. Will train. If you would be interested in working a few hours a day, please call the NW Board office at 330/854-2291