

# OCTOBER | 2021

## NW High Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>27</b> **All Breakfast and Lunches are free for the school year 2021-2022</p> <p>Milk Price - \$.50</p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>1</b> Mini Waffles Fruit Cooks Choice 100% Apple or OJ Cup</p>
<p><b>4</b> Pop Tart with Yogurt Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>5</b> Bacon Egg and Cheese Bosco Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>6</b> Apple or Cherry Frudel Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>7</b> Mini Pancakes w/syrup Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>8</b> Bacon Egg and Cheese Pizza Fruit Cooks Choice 100% Apple or OJ Cup</p>
<p><b>11</b> Mini Waffles w/syrup Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>12</b> Bacon Egg and Cheese on English Muffin Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>13</b> Cini Mini Pastry Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>14</b> Breakfast Taco Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>15</b> French Toast Sticks w/syrup Fruit Cooks Choice 100% Apple or OJ Cup</p>
<p><b>18</b> Bacon Egg and Cheese Bosco Stick Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>19</b> Apple or Cherry Frudel Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>20</b> Mini Pancakes w/syrup Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>21</b> Ham Egg and Cheese on Bagel Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>22</b> Pop Tart with Yogurt Fruit Cooks Choice 100% Apple or OJ Cup</p>
<p><b>25</b> Mini French Toast Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>26</b> Breakfast Taco Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>27</b> Cini Mini Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>28</b> Sausage Egg and Cheese on English Muffin Fruit Cooks Choice 100% Apple or OJ Cup</p>	<p><b>29</b> Mini Waffles Fruit Cooks Choice 100% Apple or OJ Cup</p>

\*Ice Cold Milk offered Daily:  
Fat-Free Chocolate  
Or 1% White  
\*Menus are subject to change.

### **NEWS**

\*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