

1% White and  
Nonfat Chocolate  
Milk offered Daily

# SEPTEMBER 2022

## KPBSD NANWALEK, NIKOLAEVSK, SUSAN B. ENGLISH SCHOOLS MENU

This institution is an  
equal opportunity  
provider.

Due to Product Availability menu items are subject to change.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Daily offering of Fruit and or Vegetable Tray for  
Middle & High School.**

**LABOR DAY  
NO SCHOOL**

**5**  
Grilled Cheese Sandwich  
Green Beans  
Strawberry Cup  
Diced Pears  
Vegetable Tray (Mdl./HS)

**6**  
Chicken Sandwich  
w/Lettuce & Tomato  
Baked Beans  
Diced Pears  
Orange Wedges  
Vegetable Tray (Mdl./HS)

**7**  
Tangerine Chicken  
Fried Rice  
Baby Carrots w/Ranch Dip  
Mandarin Orange Cup  
Vegetable Tray (Mdl./HS)

**1**  
Popcorn Chicken  
Herb Chicken Couscous  
Monterey Vegetables  
Banana  
Fruit/Vegetable Tray (Mdl./HS)

**2**  
Cheeseburger  
w/Lettuce & Tomato  
Sweet Potato Fries  
Baby Carrots & Ranch Dip  
Orange Juice  
Fresh Fruit Tray (Mdl./HS)

**8**  
Breaded Cheese Sticks  
w/Marinara Dipping Sauce  
Fresh Broccoli w/Ranch Dip  
Strawberry Cup  
Apple Juice  
Vegetable Tray (Mdl./HS)

**9**  
Macaroni Cheese  
Whole Wheat Roll (Mdl./HS)  
Green Beans  
Celery Sticks  
Apple  
Fresh Fruit Tray (Mdl./HS)

**14**  
Taco Snack  
w/Salsa  
Cheesy Refried Beans  
Corn  
Mixed Berry Cup  
Fresh Fruit Tray (Mdl./HS)

**15**  
Popcorn Chicken  
Whole Wheat Roll  
Mashed Potatoes & Gravy  
Monterey Vegetables  
Banana  
Fresh Fruit Tray (Mdl./HS)

**16**  
Cheeseburger  
w/Lettuce & Tomato  
Tater Tots  
Baby Carrots w/Ranch Dip  
Mango Cup  
Fresh Fruit Tray (Mdl./HS)

**19**  
Corn Pups  
Crinkle Cut Fries  
Diced Peaches  
Mixed Berry Cup  
Vegetable Tray (Mdl./HS)

**20**  
Chicken Sandwich  
Baked Beans  
Diced Pears  
Apple  
Vegetable Tray (Mdl./HS)

**21**  
Tangerine Chicken  
Fried Rice  
\*\*Glazed Carrot (if available)  
Gold Rush Vegetable Drink  
Mandarin Orange Cup  
Fresh Fruit Tray (Mdl./HS)

**22**  
Breaded Cheese Sticks  
W/Marinara Dipping Sauce  
Fresh Broccoli w/Ranch Dip  
Strawberry Cup  
Apple Juice  
Vegetable Tray (Mdl./HS)

**23**  
Macaroni Cheese  
Whole Wheat Roll (Mdl./HS)  
Green Beans  
Celery Sticks  
Apple  
Fresh Fruit Tray (Mdl./HS)

**26**  
Grilled Cheese Sandwich  
Green Beans  
Strawberry Cup  
Diced Pears  
Vegetable Tray (Mdl./HS)

**27**  
Pizza  
Steamed Broccoli  
Mandarin Orange Cup  
Apple Juice  
Fresh Fruit Tray (Mdl./HS)

**28**  
Enchilada Empanada  
w/Salsa  
Cheesy Refried Beans  
Corn  
Mixed Berry Cup  
Fresh Fruit Tray (Mdl./HS)

**29**  
Popcorn Chicken w/Roll  
Herb Chicken Couscous  
Monterey Vegetables  
Gold Rush Vegetable Drink  
Banana  
Fresh Fruit Tray (Mdl./HS)

**30**  
Cheeseburger  
w/Lettuce & Tomato  
Tater Tots  
Baby Carrots w/Ranch Dip  
Mango Cup  
Fresh Fruit Tray (Mdl./HS)

### 2022/2023 SY. MEAL PRICES FOR LUNCH

Nanwalek & Nikolaevsk Students: Free  
Student approved for Reduced Meals: Lunch \$.40  
Full Pay Students Meal: K-6<sup>th</sup> grades \$3.50  
Full Pay Students Meal: 7<sup>th</sup> - 12<sup>th</sup> grades \$4.00

Go to <http://mealapp.kpbsd.org> to apply for Free/Reduced meal benefits, or for more information please contact your local school or Student Nutrition office at 907-714-8890