

1 % White and Nonfat Chocolate Milk offered Daily

NOVEMBER 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

1
Chicken Sandwich w/Lettuce & Tomato
Baked Beans
Chilled Pears
Orange Wedges
Vegetable Tray (MD/HS)

2
Tangerine Chicken
Fried Rice
Carrots with Ranch
Goldrush Juice Box
Variety Fruit (MD/HS)

3
Breaded Cheese Sticks w/Marinara Sauce
Fresh Broccoli w/Ranch Dip
Strawberry Cup
Apple Juice
Vegetable Tray (MD/HS)

4
Macaroni Cheese with Roll
Green Beans
Celery Sticks
Fresh Apple
Variety Fruit (MD/HS)

7
Grilled Cheese Sandwich
Green Beans
Strawberry Cup
Chilled Pears
Vegetable Tray (MD/HS)

8
Pizza
Steamed Broccoli
Mandarin Orange Cup
Apple Juice
Goldrush Juice Box (HS only)

9
Taco Snack w/Salsa
Cheesy Refried Beans
Corn
Mixed Berry Cup
Fresh Fruit (MD/HS)

10
Popcorn Chicken with Whole Wheat Roll
Mashed Potatoes & Gravy
Winter Mix Vegetables
Banana
Fresh Fruit (MD/HS)

11
Cheeseburger offer Lettuce & Tomato
Tater Tots
Baby Carrots with Ranch
Mango Single Serve
Fresh Fruit (MD/HS)

14
Corn Pups
Crinkle Cut Fries
Diced Peaches
Mixed Berry Cup
Vegetable Tray (MD/HS)

15
Chicken Sandwich offer Lettuce & Tomato
Baked Beans
Chilled Pears
Fresh Apple
Vegetable Tray (MD/HS)

16
Tangerine Chicken
Fried Rice
**Glazed Carrot (if available)
Gold Rush Vegetable Drink
Mandarin Orange Cup
Fresh Fruit (MD/HS)

17
Breaded Cheese Sticks With Marinara Sauce
Applesauce Cup
Apple Juice
Vegetable Tray (MD/HS)

18
Macaroni Cheese
Whole Wheat Roll (MD/HS)
Green Beans
Celery Sticks
Apple
Variety Fruit (MD/HS)

21
Grilled Cheese Sandwich
Green Beans
Strawberry Cup
Chilled Pears
Vegetable Tray (MD/HS)

22
Pizza
Steamed Broccoli
Goldrush Juice Box
Mandarin Orange Cup
Apple Juice
Cookie

23
Empanada w/Salsa
Cheesy Refried Beans
Corn
Mixed Berry Cup
Variety Fruit (MD/HS)

24
HAPPY THANKSGIVING

25
NO SCHOOL

28
Hot Dog
Crinkle Cut Fries
Diced Peaches
Mixed Berry Cup
Cookie
Vegetable Tray (MD/HS)

29
Chicken Sandwich w/Lettuce & Tomato
Baked Beans
Chilled Pears
Orange Wedges
Vegetable Tray (MD/HS)

30
Tangerine Chicken
Fried Rice
Goldrush Juice B ox
Mandarin Orange Cup
Variety Fruit/Veggie Tray (MD/HS)



2022/2023 SY. MEAL PRICES FOR LUNCH
Student approved for Reduced Meals: Lunch \$.40
Full Pay Students Meal: K-6th grades \$3.50
Full Pay Students Meal: 7th – 12th 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