



North East SD



January 2021

Middle School Breakfast Menu

BREAKFAST PRICES

FREE FOR STUDENTS!!

ADULT \$1.50

Please choose 3 items for

The school breakfast:

Entrée, OR

Cereal and toast, OR

Yogurt and toast, AND

Choice of fruit & milk

Milk choices: Fat Free & 1% white,

Fat free chocolate, and

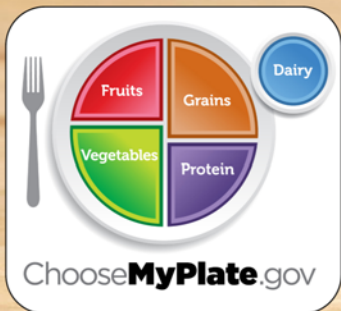
Seasonal selections

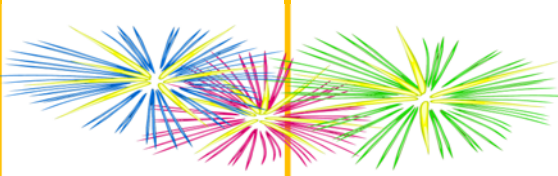
Robin Petroff-Hedlund

Food Service Director

North East School District

MENU SUBJECT TO CHANGE



Mon	Tue	Wed	Thu	Fri
				1 SCHOOL CLOSED!!
4 REMOTE LEARNING	5 REMOTE LEARNING	6 REMOTE LEARNING	7 REMOTE LEARNING	8 REMOTE LEARNING
11 REMOTE LEARNING	12 REMOTE LEARNING	13 COOK'S CHOICE Assorted fruit Fruit juice Milk	14 Bagel sandwich: Egg & cheese Assorted fruit Fruit juice Milk	15 French toast sticks Assorted fruit Fruit juice Milk
18 MLK DAY! NO SCHOOL FOR STUDENTS! TEACHER IN-SERVICE DAY	19 HYBRID DAY!	20 Breakfast pizza: Bacon Scramble Assorted fruit Fruit juice Milk	21 English muffin: Bacon/egg/cheese Assorted fruit Fruit juice Milk	22 Breakfast Burrito Assorted fruit Fruit juice Milk
25 Pancake sandwich Assorted Fruit Fruit juice Milk	26 Yogurt parfait breakfast Assorted Fruit Fruit juice Milk	27 Breakfast croissant: Sausage/egg/ch. Assorted Fruit Fruit juice Milk	28 French toast sticks w/yogurt dip Assorted fruit Fruit juice Milk	29 Bagel sandwich: Bacon/egg/cheese Assorted Fruit Fruit juice Milk

Daily breakfast options: Whole Grain Toast, Cold Cereals, Pop Tarts, Whole Grain Mini Loaves, Fresh Fruit & Fruit Juice.

All reimbursable breakfasts must include: A serving of fruit (serving size = 1/2 cup).

The USDA is an equal opportunity provider and employer.



North East SD MIDDLE SCHOOL LUNCH MENU

January 2021

Lunch Prices

FREE FOR STUDENTS!!

Adult \$3.60

PLEASE CHOOSE AT LEAST 3 OF THE 5 ITEMS FOR THE SCHOOL LUNCH PRICE:

Main entree, one choice must be a fruit or vegetable, choice of milk & bread

Fruit Choices May include:

Fresh Fruit, Canned Fruit, or Fruit Juice

Vegetable Choices May Include:

Hot Vegetables, Spinach Salad, Baked Beans, Carrot Sticks, Celery Sticks, Oven Fries, or Tater Tots

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				1 SCHOOL CLOSED!!
4 REMOTE LEARNING	5 REMOTE LEARNING	6 REMOTE LEARNING	7 REMOTE LEARNING	8 REMOTE LEARNING
11 REMOTE LEARNING	12 REMOTE LEARNING	13 COOK'S CHOICE Milk	14 Taco Nachos Ham & cheese croissant Maple carrots Assorted fruit Milk	15 Cheesy Mac & Beef/roll Turkey/cheese sub Deep dish pizza Seasoned green beans Applesauce Milk
18 MLK DAY! NO SCHOOL FOR STUDENTS!	19 HYBRID DAY	20 Walking Taco/roll Buffalo chicken pizza Steamed broccoli Chilled pears Milk	21 Pasta/meatballs/roll Mexican pizza Seasoned green beans Frozen fruit Milk	22 Shrimp poppers/roll Chicken parmesan sand. Pepperoni pizza Tater tots Chilly pineapple Milk
25 Hot Salisbury sandwich Ham & cheese croissant Mashed potato/gravy Frozen fruit Milk	26 Chicken Tenders/roll Chicken ranch flatbread Winter mix veggies Applesauce Milk	27 Taco fries/rolls Mexican pizza Sweet corn Fresh fruit Milk	28 Double hamburger Pepperoni pizza Steamed broccoli Craisins Milk	29 Chicken Quesadilla BBQ rib sandwich Baked beans Fruit juice Milk

Offered Daily: Entrée salads, Yogurt Parfait Lunch, Assorted Vegetables, Fresh Fruit, Milk

All reimbursable lunches must contain 1 SERVING OF PRODUCE (FRUITS AND/OR VEGGIES)*** SERVING SIZE = 1/2 CUP

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