

# September 2021

## NSMA BREAKFAST MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31 Choc. Chex Cheese Sticks Carrots Juice Skim or 1% Choc Milk	1 Donut Ring Craisans Juice Skim or 1% Choc Milk	2 Pop Tart Cheese Stick Carrots Juice Skim or 1% Choc Milk	3 No School
6 No School	7 Choco Chip Waffle Cheeze- it Fruit Roll up Juice Skim or 1% Choc Milk	8 Strawberry Bagel Strawberry Chex Craisans Juice Skim or 1% Choc Milk	9 Fruity Cheerio's Cereal Yogurt Tube Applesauce Juice Skim or 1% Choc Milk	10 Starwberry Chex Cheese Stick Apples Juice Skim or 1% Choc Milk
13 Choc Chip French Toast Carrots Juice Skim or 1% Choc Milk	14 Uber Craisans Juice Skim or 1% Choc Milk	15 Choc Elf Grahams Yogurt Apples Juice Skim or 1% Choc Milk	16 Delicious Donut Cookie Graham Grips Applesauce Juice Skim or 1% Choc Milk	17 Chocolate Muffin Goldfish Carrots Juice Skim or 1% Choc Milk
20 Blueberry Muffin Cookie Graham Grips Applesauce Juice Skim or 1% Choc Milk	21 Banana Muffin Animal Crackers Craisans Juice Skim or 1% Choc Milk	22 Fudge Pop Tart String Cheese Carrots Juice Skim or 1% Choc Milk	23 Strawberry Nutragrain Yogurt Apples Juice Skim or 1% Choc Milk	24 Banana Chocolate Bar Cookie Graham Grips Applesauce Juice Skim or 1% Choc Milk
27 Chocolate Muffin Goldfish Craisans Juice Skim or 1% Choc Milk	28 Strawberry Pop Tart String Cheese Applesauce Juice Skim or 1% Choc Milk	29 Choc Chip French Toast Carrots Juice Skim or 1% Choc Milk	30 Beef Stick String Cheese Craisans Juice Skim or 1% Choc Milk	1

### News

NSMA IS AN EQUAL  
OPPORTUNITY  
PROVIDER

WE ARE A PEANUT  
FREE SCHOOL

No School :  
September 3<sup>rd</sup> and 6<sup>th</sup>

PIF

# SEPTEMBER | 2021



## NSMA LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 NO SCHOOL	31 Chicken Nuggets or Chef's Salad or Sunbutter Sandwich Tater Tots Mixed Fruit	1 Pasties or Chef's Salad or Sunbutter Sandwich Carrots Applesauce	2 Hot Dogs or Chef's Salad or Sunbutter Sandwich Baked Beans Diced Pears	3 NO SCHOOL
6 NO SCHOOL	7 Tacos or Chef's Salad or Sunbutter Sandwich Black Beans Diced Peaches	8 Cheese Quesadilla or Chef's Salad or Sunbutter Sandwich Carrots Mixed Fruit	9 NEW ITEM Spaghetti and Meatballs or Chef's Salad or Sunbutter Sandwich Broccoli Diced Peaches	10 Pizza Crunchers or Chef's Salad or Sunbutter Sandwich Celery Diced Pears
13 Cheeseburger or Chef's Salad Or Sunbutter Sandwich French Fries Mixed Fruit	14 Calzones or Chef's Salad or Sunbutter Sandwich Broccoli Diced Pears	15 Pasties or Chef's Salad or Sunbutter Sandwich Carrots Applesauce	16 Mini Corn Dogs or Chef's Salad or Sunbutter Sandwich Celery Diced Peaches	17 French Bread Pizza or Chef's Salad or Sunbutter Sandwich Broccoli Applesauce
20 Mac and Cheese or Chef's Salad or Sunbutter Sandwich Carrots Tropical Fruit	21 Tacos or Chef's Salad or Sunbutter Sandwich Black Beans Diced Pears	22 Popcorn Chicken or Chef's Salad or Sunbutter Sandwich Celery Diced Peaches	23 Meatball Sandwich or Chef's Salad or Sunbutter Sandwich Carrots Mixed Fruit	24 Pizza Crunchers or Chef's Salad or Sunbutter Sandwich Broccoli Applesauce
27 Chicken Sandwich or Chef's Salad or Sunbutter Sandwich French Fries Diced Pears	28 Tacos or Chef's Salad or Sunbutter Sandwich Black Beans Mixed Fruit	29 Pasties or Chef's Salad or Sunbutter Sandwich Carrots Applesauce	30 NEW ITEM Pancakes, Sausages and Eggs or Chef's Salad or Sunbutter Sandwich Celery Diced Peaches	1

**Skim or 1%  
Chocolate milk  
is served with  
every lunch.**

**NSMA is an  
equal  
opportunity  
provider**

**We are a  
peanut free  
School!**