

# Ninnekah Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <sup>th</sup>  <b>NO SCHOOL</b>	5 <sup>th</sup> <b>Breakfast:</b> Muffin, Yogurt, Fruit Cup, Milk/Juice <b>Lunch:</b> Beef & Bean Burrito, Pinto Beans, Spanish Rice, Mandarin Oranges, Milk	6 <sup>th</sup> <b>Breakfast:</b> Pancake on a Stick, Peaches, Milk/Juice <b>Lunch:</b> Steak Fingers, Mashed Potatoes & Gravy, Corn, Applesauce, Milk	7 <sup>th</sup> <b>Breakfast:</b> Scrambled Eggs, Toast, Pears, Milk /Juice <b>Lunch:</b> Turkey Sandwich, Chips, Carrot Sticks, Apples, Milk	8 <sup>th</sup> <b>Breakfast:</b> Waffles, Mixed Berries, Milk /Juice <b>Lunch:</b> Mini Pizza, Salad, Cookie, Pears, Milk
11 <sup>th</sup> <b>Breakfast:</b> Biscuit & Gravy, Oranges, Milk /Juice <b>Lunch:</b> BBQ Chicken, Wedge Fries, Coleslaw, Pineapple Milk	12 <sup>th</sup> <b>Breakfast:</b> French Toast Sticks, Tropical Fruit, Milk /Juice <b>Lunch:</b> Walking Taco, Mexican Corn, Refried Beans, Peaches, Milk	13 <sup>th</sup> <b>Breakfast:</b> Tornado, Bananas, Milk /Juice <b>Lunch:</b> Cheeseburger, Chips, Veggies, Apples, Milk	14 <sup>th</sup> <b>Breakfast:</b> Pancakes, Sausage Applesauce, Milk /Juice <b>Lunch:</b> Popcorn Chicken, Potato Puffs, Carrots, Strawberries& Bananas Milk	15 <sup>th</sup> <b>Breakfast:</b> Ham & Egg Muffin, Mandarin Orange, Milk /Juice <b>Lunch:</b> Stuffed Crust Pizza, Salad, Cookie, Grapes Milk
18 <sup>th</sup> <b>Breakfast:</b> Biscuit & Gravy, Oranges, Milk /Juice <b>Lunch:</b> Fettuccine Alfredo, Green Beans, Fruit Cocktail, Milk	19 <sup>TH</sup> <b>Breakfast:</b> Breakfast Pizza, Apples, Milk /Juice <b>Lunch:</b> Beef Taco, Pinto Beans, Chips & Salsa, Mandarin Oranges, Milk	20 <sup>TH</sup> <b>Breakfast:</b> Cinnamon Roll, Yogurt, Bananas, Milk /Juice <b>Lunch:</b> Hot Ham& Cheese, Chips, Celery & Peanut butter, Apples, Milk	21 <sup>st</sup> <b>Breakfast:</b> Ham & Egg Muffin, Orange, Milk/Juice <b>Lunch:</b> Corn Dog, tater Tots, Carrots, Grapes, Milk	22 <sup>nd</sup> <b>Breakfast:</b> Waffle Fries, Strawberries, Milk/Juice <b>Lunch:</b> Mini Pizza, Salad, Cookie, Pears, Milk
25 <b>Breakfast:</b> Biscuit & Gravy, Oranges, Milk /Juice <b>Lunch:</b> Orange Chicken, Rice, Broccoli, Pineapples, Milk	26 <sup>ND</sup> <b>Breakfast:</b> Bagel, Cream Cheese, Blueberries, Milk/Juice <b>Lunch:</b> Italian Sub, Chips, Carrots, Apples, Milk	27 <sup>th</sup> <b>Breakfast:</b> Scrambled Eggs, Toast, Peaches, Milk/Juice <b>Lunch:</b> Chicken Quesadillas, Refried Beans, Spanish Rice, Jell-O/Fruit, Milk	28 <sup>TH</sup> <b>Breakfast:</b> Tornado, Bananas, Milk/Juice <b>Lunch:</b> Million Dollar Spaghetti, Salad, Garlic Toast, Peaches, Milk	29 <sup>th</sup> <b>Breakfast:</b> Doughnut, Fruit, Milk/ Juice <b>Lunch:</b> Stuffed Crust Pizza, Corn, Cookie, Mandarin Oranges, Milk

## September

### MENU 2023



### ANNOUNCEMENTS:

- Menu Subject to change

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U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

1. fax:  
(833)256-1665 or (202) 690-7442; or

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