

LUNCH MENU



Did you know?

Spinach is called a superfood for a reason: It's packed with vitamins A and C, which are essential for eye health, immune function and many other body processes. Vitamin K helps build strong bones. Spinach also contains folate and iron, which help prevent anemia. The magnesium and potassium are important for muscle development and growth. <http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/make-a-fresh-start-with-spring-foods>

Payments

- You can now easily make payments online at EzSchoolPay.com. (A \$2.00 convenience fee will apply)
- Make all checks payable to NUSD

Meal Prices

Student Lunch \$2.65

Adult Lunch \$3.60

Reduced Lunch \$.40

Breakfast \$1.00

Reduced Breakfast \$.30

Milk \$.25

Discrimination Statement

In the operation of Child Nutrition Programs, no person will be discriminated against because of race, color, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington D.C. 20250. Note: Cereal is available daily as a substitute item for breakfast. Variety of milk offered daily. Items on the menu are subject to change without notice due to the availability of some food items.

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8 Pizza Tossed Salad, Oreo Cookie, Frozen Fruit Bar, FFV Bar, Milk	9 Tangerine Chicken WG Rice, Egg Roll, FFV Bar, Milk	10 Salisbury Steak Potato Skin, Gravy, WG Roll, Green Beans, FFV Bar, Milk	11 No School	12	13
14 Country Fried Steak Mashed Potato, Gravy, Green Beans, FFV Bar, Milk	15 Fish Nuggets Potato Wedge, Tossed Salad, FFV Bar, Milk	16 Biscuits & Gravy Tator Tots, FFV Bar, Milk	17 Chili Volcano Bread Bowl, FFV Bar, Milk	18 No School	19	20
21 Sloppy Joe Potato Wedge, FFV Bar, Milk	22 Pizza Tossed Salad, Oreo Cookie, Frozen Fruit Bar, FFV Bar, Milk	23 Chicken Nuggets Sweet Potato Fries, FFV Bar, Milk	24 PBJ Tossed Salad, Fruit Roll Up, Cheese Stick, FFV Bar, Milk	25 No School	26	27
28 Fish Nuggets Potato Wedge, Tossed Salad, FFV Bar, Milk	29 Grilled Cheese Potato Wedge, FFV Bar, Milk	30 Hot Dog Potato Wedge, FFV Bar, Milk	31 Nacho Supreme Refried Beans, FFV Bar, Milk			

Nutritional Information: Cycle Week 1: Calories 3142, Sodium 4657mg, Meat/MA 10, Grain/Bread 9 Cycle Week 2: Calories 3164, Sodium 4628mg, Meat/MA 9, Grain/Bread 8.75 Cycle Week 3: Calories 3181, Sodium 5039mg, Meat/MA 10 Grain/Bread 8.75 Cycle Week 4: Calories 3226, Sodium 4483mg, Meat/MA 10, Grain/Bread 8.5 Cycle Week 5: Calories 3242, Sodium 5052, Meat/MA 10, Grain/Bread 8.5 Cycle Week 6: Calories 3165, Sodium 4995, Meat/MA 10, Grain/ Bread 8.5