

# LUNCH MENU



## Did you know?

The Abominable Snowman is more than an invention of a television Christmas special. While there is no proof that it exists, many people believe that the Yeti, or an abominable snowman, lives in the Himalayas in Nepal. The word Yeti means snow bear, and many people believe the Yeti is related to Bigfoot.

## Payments

- You can now easily make payments online at [EzShoolPay.com](http://EzShoolPay.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 \$4.00
- 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.

# December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 <b>Orange Chicke</b> WG Rice WG Veg Egg Roll FFV Bar, Milk	5 <b>PBJ</b> Cheese Stick, FFV Bar Milk	6 <b>WG Breaded Drumstick</b> Green Beans, WW Roll, FFV Bar, Milk	7 <b>Spaghetti w/ Meat Sauce</b> WW Roll FFV Bar, Milk	8 <b>No School</b>	9	10
11 <b>Chicken Bowl</b> Mashed Potatoes FFV Bar Milk	12 <b>WG Pizza</b> FFV Bar Milk	13 <b>Hamburger</b> Potato Wedges FFV Bar Milk	14 <b>Salisbury Steak</b> Mashed Potatoes w/ Gravy, WW Roll FFV Bar, Milk	15 <b>No School</b>	16	17
18 <b>PBJ</b> Cheese Stick, FFV Bar Milk	19 <b>Fish Nugget</b> Potato Wedges FFV Bar Milk	20 <b>Chicken Patty Sandwich</b> FFV Bar Milk	21 <b>Chili w/ Cheese</b> Corn Bread FFV Bar Milk	22 <b>No School</b>	23	24
25 <b>Winter Break</b> 	26 <b>Winter Break</b> 	27 <b>Winter Break</b> 	28 <b>Winter Break</b> 	29 <b>Winter Break</b> 	30	31

**Nutrition Information:** Cycle Week 1: Calories 2553, Sodium 3625 mg, Meat/Meat Alt 7, Grain/Bread 6.5; Cycle Week 2: Calories 2598, Sodium 3629 mg, Meat/Meat Alt 7, Grain/Bread 6.75; Cycle Week 3: Calories 2598, Sodium, 3354 mg, Meat/Meat Alt 7.5, Grain/Bread 6.5; Cycle Week 4: Calories 2585, Sodium 3453 mg, Meat/MA 8, Grain/Bread 6.5; Cycle Week 5: Calories 2579, Sodium 3705, Meat/Meat Alt 7.5, Grain/Bread 6.5; Cycle Week 6: Calories 2579, Sodium 3291, Meat/Meat Alt 7, Grain/Bread 6.75