

# LUNCH MENU



## What are the main types of fats?

1. Saturated
2. Polyunsaturated
3. Monounsaturated

For the best health benefits adults and kids alike should focus on eating polyunsaturated and monounsaturated fats rather than saturated fats.

## 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 \$2.55

Adult Lunch \$3.35

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.

# December 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <b>Nacho Supreme</b> Refried Beans FFV Bar Milk	2 No School	3	4 
5 <b>Chicken Patty Sandwich</b> FFV Bar Milk	6 <b>Fish Nuggets</b> Potato Wedges, Tossed Salad, FFV Bar and Milk	7 <b>Mac &amp; Cheese w/ Chicken Nuggets</b> Peas, FFV Bar Milk	8 <b>PBJ Sandwich</b> Fruit Roll up, Cheese Stick, FFV Bar, Milk	9 No School	10	11
12 <b>Chicken Fajita</b> Pinto Beans FFV Bar Milk	13 <b>Hot Dog</b> Potato Wedges FFV Bar Milk	14 <b>Biscuits &amp; Gravy</b> Tater Tots, Tossed Salad, FFV Bar, Milk	15 <b>Chili &amp; Beans w/ Cheese</b> Corn Muffin, FFV Bar, Milk	16 No School	17	18 ... winterbreak
19 <b>Hamburger</b> Potato Wedges FFV Bar Milk	20 <b>Pizza</b> Tossed Salad, Oreo Cookie, FFV Bar, Milk	21 <b>Tangerine Chicken</b> WG Rice, Egg Roll, FFV Bar, Milk	22 <b>Salisbury Steak</b> Mashed Potatoes, Gravy, Green Beans, Roll, FFV Bar, Milk	23 No School	24	25
26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK	29 WINTER BREAK	30 WINTER BREAK	31	