

# BREAKFAST MENU



## Did you Know?

According to the website Sciencekids.com it is believed that the saying, "An apple a day keeps the doctor away" originated in Wales in the 19th century. Sadly eating apples doesn't guarantee good health but they do have nutritional value and potential health benefits.

## Payments

- You can now easily make payments online at EzShoolPay.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.

# January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 <b>WINTER BREAK</b>	3 <b>WINTER BREAK</b>	4 <b>WINTER BREAK</b>	5 <b>WINTER BREAK</b>	6 <b>WINTER BREAK</b>	7	8
9 <b>Honey Nut Cheerios</b> Graham Cracker Craisins, OJ & Milk	10 <b>Blueberry Mini Pancakes</b> Applesauce Apple Juice Milk	11 <b>Sausage on a Stick</b> Applesauce Juice & Milk	12 <b>Choco Chip Breakfast Bar</b> Berry Applesauce OJ & Milk	13 <b>No School</b>	14	15
16 <b>No School</b>	17 <b>Choco Chip Muffin Top</b> Large Red Apple Milk	18 <b>Breakfast Bagel Pizza</b> Applesauce Grape Juice Milk	19 <b>French Toast</b> Craisins Apple Juice Milk	20 <b>No School</b>	21	22
23 <b>Frosted Flakes</b> Choco Chip Granola Bar Applesauce, Juice & Milk	24 <b>Bkfst Wrap</b> Berry Applesauce Grape Juice Milk	25 <b>Cherry Frudel</b> Cinnamon Applesauce Grape Juice Milk	26 <b>Cinnamon Bun</b> Berry Applesauce Orange Juice Milk	27 <b>No School</b>	28	29
30 <b>Breakfast Bar</b> Large Red Apple OJ & Milk	31 <b>Bagel w/ Cream Cheese</b> Peach Applesauce Grape Juice, Milk					

**Nutrition Information:** Cycle Week 1: Calories 2471, Sodium 2633mg, Meat/MA 2, Grain/Bread 8.5 Cycle Week 2: Calories 2451, Sodium 2420mg, Meat/MA 2, Grain/Bread 8.5. Cycle Week 3: Calories 2458, Sodium, 2298mg, Meat/MA 1, Grain/Bread 8 Cycle Week 4: Calories 2494, Sodium 2245mg, Meat/MA 1, Grain/Bread 8.35