

LUNCH MENU



Did you know?

Carrots before the 17th Century actually used to be purple. Dutch growers in the 16th Century took mutant strains of purple carrots, and gradually crossed them with white and yellow carrots. This cross led to the plump, sweet, orange carrots we know and love today. (www.todayifoundout.com)

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.

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5 WINTER BREAK	6 WINTER BREAK	7	8
9 Chicken Fajita Pinto Beans FFV Bar Milk	10 Hot Dog Potato Wedges FFV Bar Milk	11 Biscuits & Gravy Tater Tots, Tossed Salad, FFV Bar, Milk	12 Chili & Beans w/ Cheese Corn Muffin, FFV Bar, Milk	13 No School	14	15
16 No School	17 Pizza Tossed Salad, Oreo Cookie, FFV Bar, Milk	18 Tangerine Chicken WG Rice, Egg Roll, FFV Bar, Milk	19 Salisbury Steak Mashed Potatoes, Gravy, Green Beans, Roll, FFV Bar, Milk	20 No School	21	22
23 Chicken Patty Sandwich FFV Bar Milk	24 Fish Nuggets Potato Wedge Tossed Salad, FFV Bar Milk	25 PBJ Sandwich Cheese Stick, Fruit Roll Up, FFV Bar Milk	26 Macaroni & Cheese w/ Chx Nuggets Peas, FFV Bar Milk	27 No School	28	29
30 Baked Chicken Sweet Potato Fries 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