

LUNCH MENU



Did you know?

Oats are considered one of the top 10 super foods. They are very high in fiber, and are they are linked with lowering blood pressure and cholesterol. Oats are also considered a "good carbohydrate, and they are rich in beta-glucan. Beta-glucan is a soluble fiber that aides in slowing the digestion of sugar, and it helps to keep blood sugar levels under control.

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.

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Spaghetti & Meat Sauce Breadstick, Tossed Salad, FFV Bar, Milk	2 Super Bowl Sub Sandwich Pasta Salad, Veggie, Cookie, Milk	3 No School	4	5
6 Hamburger Potato Wedge FFV Bar Milk	7 Pizza Tossed Salad, Oreo Cookie, FFV Bar, Milk	8 Tangerine Chicken WG Rice, Egg Roll, FFV Bar Milk	9 Salisbury Steak Mashed Potatoes, Gravy, Green Beans, Roll, FFV Bar, Milk	10 No School	11	12
13 Sloppy Joe Potato Wedges FFV Bar Milk	14 Pizza Tossed Salad, Oreo Cookie FFV Bar Milk	15 EARLY RELEASE Grilled Cheese Sun Chip, Fruit & Veggie Milk	16 EARLY RELEASE PBJ Sandwich Cheese Stick, Fruit Roll Up, Fruit & Veggie, Milk	17 No School	18	19
20 No School	21 Taco Salad Refried Beans FFV Bar Milk	22 Chicken Pot Pie Tossed Salad FFV Bar Milk	23 Hot Dog Potato Wedge FFV Bar Milk	24 No School	25	26
27 Chicken Patty Sandwich FFV Bar Milk	28 Macaroni & Cheese w/ Chicken Nuggets Peas, 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