

LUNCH MENU



Did you know?

Potatoes are a main ingredient that you will find in many Irish recipes such as a traditional stew, Shepherd's Pie and also Boxty. Boxty is a type of potato pancake. Soda Bread is a very popular type of Irish bread which is normally eaten along with a main meal. Traditional meals are very hearty foods that are designed to fill you up. Foods like this are very necessary after a hard day's work and also during cold and tough weather conditions too.

<https://owlcation.com/academia/Irish-Facts-Information-Kids>

Payments

- You can now easily make payments online at [EzShoolPay.com](https://ezshoolpay.com). (A \$2.00 convenience fee will apply)
- Make all checks payable to NUSD

Meal Prices

Student Lunch \$2.55 WallpaperBase.com

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.

March 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Fish Nuggets Potato Wedges, Tossed Salad FFV Bar, Milk	2 PBJ Cheese Stick Fruit Roll Up, FFV Bar, Milk	3 No School	4	5
6 Chicken Nuggets Sweet Potato Fries FFV Bar Milk	7 Nacho Supreme Refried Beans FFV Bar Milk	8 Baked Chicken. Sweet Potato Tots, FFV Bar, WG Roll Milk	9 Spaghetti w/ Meat Sauce Tossed Salad, Bread Stick, FFV Bar, Milk	10 No School	11	12
13 Hamburger Potato Wedges FFV Bar Milk	14 Pizza Tossed Salad, Oreo Cookie FFV Bar Milk	15 Tangerine Chicken Whole Grain Rice, Egg Roll, FFV Bar, Milk	16 Salisbury Steak Mashed Potato & Gravy, Green Beans, Roll, FFV Bar, Milk	17 No School	18	19
20 Spring Break	21 Spring Break	22 Spring Break	23 Spring Break	24 No School	25	26
27 Country Fried Steak Mashed Potato, Gravy, Corn, FFV Bar, Milk	28 Macaroni & Cheese w/ Chicken Nuggets Peas, FFV Bar Milk	29 Biscuit & Gravy Tator Tots, FFV Bar Milk	30 Chili Bowl Volcano Bread Bowl or Cornbread, FFV Bar, Milk	31 No School		

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