

BREAKFAST MENU



Did you Know?

A calcium-rich food, yogurt is important for building strong bones and teeth. At eight grams per 6-ounce container, yogurt is also a great source of protein. Greek yogurt has up to twice that much, however it provides less calcium. Yogurt is also a good source of probiotic bacteria, which can promote good digestion and immune system function.
<http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/make-a-fresh-start-with-spring-foods>

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.

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Cinn. Toast Crunch Graham Cracker Craisins, Orange Juice, Milk	4 Strawberry Mini Pancakes Applesauce Apple Juice Milk	5 Sausage on a Stick Berry Applesauce Juice & Milk	6 Choco Chip Breakfast Bar Applesauce Juice, Milk	7 No School	8	9
10 Frosted Flakes Granola Cho. Chip Bar, Large Red Apple Milk	11 Breakfast Wrap Berry Applesauce Grape Juice Milk	12 Cherry Frudel Peach Applesauce Grape Juice Milk	13 Cinnamon Bun Pear Orange Juice Milk	14 No School	15	16
17 Sweet Potato Muffin Top Large Red Apple Milk	18 Breakfast Pizza Applesauce Grape Juice, Milk	19 French Toast Craisins Apple Juice Milk	20 Egg & Cheese Breakfast Burrito Strawberry Applesauce Orange Juice, Milk	21 No School	22	23
24 Cinn. Breakfast Bar Large Red Apple Milk	25 Bagel w/ Cream Cheese Strawberry Applesauce Grape Juice, Milk	26 Chocolate Donut Cherry Applesauce Apple Juice Milk	27 Maple Mini Waffle Applesauce Apple Juice Milk	28 No School	29	30

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