

LUNCH MENU



Did you know?

Spinach is called a superfood for a reason: It's packed with vitamins A and C, which are essential for eye health, immune function and many other body processes. Vitamin K helps build strong bones. Spinach also contains folate and iron, which help prevent anemia. The magnesium and potassium are important for muscle development and growth. <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 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.

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Sloppy Joe On a Bun Potato Wedges FFV Bar Milk	4 Pizza Tossed Salad, Oreo Cookie, Frozen Fruit Bar, FFV Bar Milk	5 Macaroni & Cheese w/ Chicken Nuggets Peas, FFV Bar Milk	6 Country Fried Steak Mashed Potato, Gravy, Corn, FFV Bar, Milk	7 No School	8	9
10 Chicken Fajita Pinto Beans FFV Bar Milk	11 Taco Salad Refried Beans FFV Bar Milk	12 Hot Dog Potato Wedges FFV Bar, Milk	13 Nacho Supreme Refried Beans, FFV Bar, Milk	14 No School	15	16
17 Chicken Patty on a Bun FFV Bar, Milk	18 Fish Nuggets Potato Wedges, Tossed Salad FFV Bar, Milk	19 Chili & Beans Corn Bread FFV Bar, Milk	20 Grilled Cheese Sandwich Sun Chips FFV Bar, Milk	21 No School	22	23
24 Hamburger Potato Wedges FFV Bar, Milk	25 Pizza Tossed Salad, Oreo Cookie, Frozen Fruit Bar, FFV Bar Milk	26 Tangerine Chicken WG Rice, Egg Roll FFV Bar Milk	27 Salisbury Steak Mashed Potatoes & Gravy, Green Beans, FFV Bar, Milk	28 No School	29	30

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