

# 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.

# May

# 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <b>Honey Nut Cheerios</b> Graham Cracker Craisins, OJ, Milk	2 <b>Strawberry Mini Pancakes</b> Applesauce, Apple Juice, Milk	3 <b>Sausage on a Stick</b> Graham Cracker Craisins, OJ, Milk	4 <b>Choco Chip Breakfast Bar</b> Applesauce Juice, Milk	5 <b>No School</b>	6	7
8 <b>Frosted Flakes</b> Granola Cho. Chip Bar, Large Red Apple Milk	9 <b>Breakfast Wrap</b> Berry Applesauce Grape Juice Milk	10 <b>Cherry Frudel</b> Peach Applesauce Grape Juice Milk	11 <b>Cinnamon Bun</b> Pear Orange Juice Milk	12 <b>No School</b>	13	14
15 <b>Managers Choice</b>	16 <b>Managers Choice</b>	17 <b>Managers Choice</b>	18 <b>Managers Choice</b>	19 <b>No School</b>	20	21
22 <b>Managers Choice</b>	23 <b>Managers Choice</b>	24 <b>Managers Choice</b> <b>LAST DAY OF SCHOOL</b>	25 <b>SUMMER VACATION</b>	26 <b>SUMMER VACATION</b>	27	28
29 <b>SUMMER VACATION</b>	30 <b>SUMMER VACATION</b>	31 <b>SUMMER VACATION</b>				

**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