

# 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](http://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.

# May

# 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <b>Chicken Fajita</b> Pinto Beans FFV Bar Milk	2 <b>Taco Salad</b> Refried Beans FFV Bar Milk	3 <b>Hot Dog</b> Potato Wedges FFV Bar, Milk	4 <b>Grilled Cheese</b> Sun Chips, FFV Bar, Milk	5 <b>No School</b>	6	7
8 <b>Sloppy Joe On a Bun</b> Potato Wedges FFV Bar Milk	9 <b>Pizza</b> Tossed Salad, Oreo Cookie, Frozen Fruit Bar, FFV Bar Milk	10 <b>Macaroni &amp; Cheese w/ Chicken Nuggets</b> Peas, FFV Bar Milk	11 <b>Country Fried Steak</b> Mashed Potato, Gravy, Corn, FFV Bar, 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> LAST DAY OF SCHOOL	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>				

**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