

BREAKFAST MENU



Did you Know?

Every child should start the school day with a healthy breakfast. Studies show that students who skip breakfast generally have slower memory recall, make more errors and are more likely to be absent or tardy and to repeat a grade. Students who eat breakfast generally have better vitamin and nutrient intake, enjoy overall healthier diets and are less prone to being overweight or obese. <https://www.nokidhungry.org/pdfs/school-breakfast-program-factsheet.pdf>

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 \$2.65
 Adult Lunch \$3.60
 Reduced Lunch \$4.00
 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.

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8 Strawberry Mini Pancake Applesauce 100% Juice Milk	9 Sausage on a Stick Applesauce 100 % Apple Juice Milk	10 Choco Chunk Banana Bar Applesauce 100 % Juice Milk	11 No School	12	13
14 Choco Chip Muffin Top LG Red Apple Milk	15 Cocoa Donut Applesauce 100% Juice Milk	16 French Toast Craisins 100% Juice Milk	17 Bkfst Sausage Egg Burrito Applesauce 100% Juice Milk	18 No School	19	20
21 Fruit Loops-Reduced Sugar Small Apple, 100% Juice, Milk	22 Bkfst Wrap Applesauce 100% Juice Milk	23 Cherry Frudel Straw berry Applesauce, 100% Juice, Milk	24 Cinnamon Bun Applesauce 100% Juice Milk	25 No School	26	27
28 Brkfst Cinnamon Bar LG Red Apple Milk	29 Zucchini Bread Slice LG Red Apple Milk	30 Cocoa Donut Applesauce 100% Juice Milk	31 Maple Mini Waffle Applesauce 100% Juice Milk			

Nutrition Information: Cycle Week 1: Calories 2471, Sodium 2633mg, Meat /M A.2, Grain/Bread 8.5 Cycle Week 2: Calories 2451, Sodium 2420mg, Meat /M A.2, Grain/Bread 8.5. Cycle Week 3: Calories 2458, Sodium, 2298mg, Meat /M A.1, Grain/Bread 8 Cycle Week 4: Calories 2494, Sodium 2245mg, Meat /M A.1, Grain/Bread 8.35