

# BREAKFAST MENU



## Did you Know?

There are little water vapors in the air and before they turn into water, they freeze and form crystals of ice. But why does this happen? Basically this is when the temperature way up there in the clouds is seriously cold, making ice instead of water. This is when snowflakes are made which fall as snow. Snow falls in soft flakes and they're joined lightly together, and each flake is made up of tiny crystals.

## 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 \$2.65
- 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.

# December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 No School	2	3
4 <b>Frosted Flakes- Reduced Sugar</b> Small Apple, 100% Juice Milk	5 <b>Strawberry Mini Pancake</b> Applesauce 100% Juice Milk	6 <b>WG Mini Cluster</b> Cherry Applesauce 100 % Juice Milk	7 <b>Banana Choco Chunk Bar</b> Berry Applesauce 100 % Juice Milk	8 No School	9	10
11 <b>Trix-Reduced Sugar</b> Small Apple 100% Juice Milk	12 <b>WG Breakfast Pizza</b> Applesauce 100% Juice Milk	13 <b>WG French Toast</b> Cherry Applesauce 100% Juice Milk	14 <b>Sweet Potato Choco Chip Muffin Top</b> LG Red Apple Milk	15 No School	16	17
18 <b>Froot Loops- Reduced Sugar</b> Small Apple 100% Juice Milk	19 <b>Bagelful</b> Berry Applesauce 100% Juice Milk	20 <b>WG Cherry Frudel</b> Berry Applesauce 100% Juice Milk	21 <b>WG Cinnamon Bkfst Round</b> Applesauce 100% Juice Milk	22 No School	23	24
25 <b>Winter Break</b> 	26 <b>Winter Break</b> 	27 <b>Winter Break</b> 	28 <b>Winter Break</b> 	29 <b>Winter Break</b> 	30	31

**Nutrition Information:** Cycle Week 1: Calories 1930, Sodium 1495mg, Meat/MA 2, Grain/Bread 7 Cycle Week 2: Calories 1830, Sodium 1920 mg, Meat/MA 2, Grain/Bread 6.75. Cycle Week 3: Calories 1990, Sodium, 1616 mg, Meat/MA 0, Grain/Bread 8 Cycle Week 4: Calories 1781, Sodium 1320 mg, Meat/MA 0, Grain/Bread 7