

BREAKFAST MENU



Did you Know?

Another tradition for this day is to make New Year's Resolutions. These are promises to yourself on how you will do something different or better in the coming year. This often includes dieting, exercise, quitting a bad habit, or getting better grades in school. http://www.ducksters.com/holidays/new_years_day.php

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.

January 2018

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

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