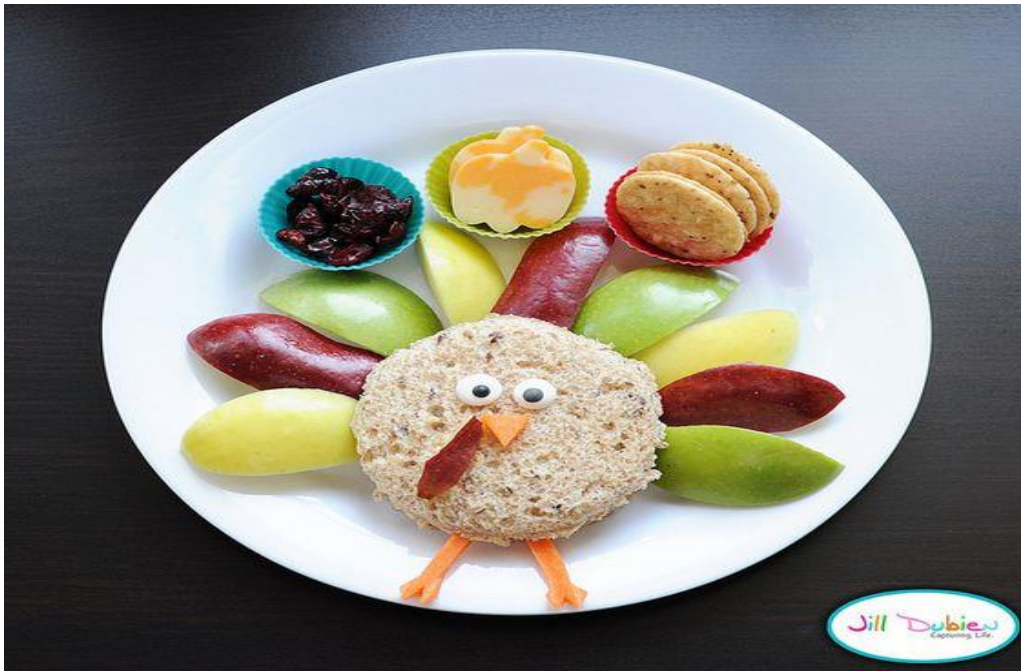


# LUNCH MENU



### Did you Know?

That for the first Thanksgiving there were no forks. The first Thanksgiving was eaten with spoons and knives — but no forks! That's right, forks weren't even introduced to the Pilgrims until 10 years later and weren't a popular utensil until the 18th century.

### 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 \$.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.

# November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <b>Hamburger</b> Potato Wedges FFV Bar Milk	2 <b>Salisbury Steak</b> Mashed Potatoes w/ Gravy, WW Roll FFV Bar, Milk	3 <b>No School</b>	4	5
6 <b>PBJ</b> Cheese Stick, FFV Bar Milk	7 <b>Fish Nugget</b> Potato Wedges FFV Bar Milk	8 <b>Chicken Patty Sandwich</b> FFV Bar Milk	9 <b>DOE/Thxgva Dinner</b> Turkey, Corn, Mashed Potatoes w/ Gravy, WW Roll, Corn, FFV Bar, Milk <b>NES</b> Chili w/ Corn Bread, FFV Bar, Milk	10 <b>No School</b>	11	12
13 <b>Sloppy Joe</b> Potato Wedges FFV Bar Milk	14 <b>WG Pizza</b> FFV Bar Milk	15 <b>Chicken Nuggets</b> Potato Wedges FFV Bar Milk	16 <b>NES/Thxgva Dinner</b> Turkey, Corn, Mashed Potatoes w/ Gravy, WW Roll, Corn, FFV Bar, Milk <b>DOE</b> Grilled Cheese Sandwich, Potato Wedges, FFV Bar, Milk	17 <b>No School</b>	18	19
20 <b>Hamburger</b> Potato Wedges FFV Bar Milk	21 <b>Chicken Tenders</b> Mashed Potatoes FFV Bar Milk	22 	23 	24 <b>No School</b>	25	26
27 <b>Bean Burrito Bowl</b> WG Tortilla Chips FFV Bar Milk	28 <b>WG Pizza</b> FFV Bar Milk	29 <b>Grilled Cheese Sandwich</b> Potato Wedges FFV Bar Milk	30 <b>Beef Soft Taco</b> Corn Potato Wedges FFV Bar Milk			

**Nutrition Information:** Cycle Week 1: Calories 2553, Sodium 3625 mg, Meat/Meat Alt 7, Grain/Bread 6.5; Cycle Week 2: Calories 2598, Sodium 3629 mg, Meat/Meat Alt 7, Grain/Bread 6.75; Cycle Week 3: Calories 2598, Sodium, 3354 mg, Meat/Meat Alt 7.5, Grain/Bread 6.5; Cycle Week 4: Calories 2585, Sodium 3453 mg, Meat/MA 8, Grain/Bread 6.5; Cycle Week 5: Calories 2579, Sodium 3705, Meat/Meat Alt 7.5, Grain/Bread 6.5; Cycle Week 6: Calories 2579, Sodium 3291, Meat/Meat Alt 7, Grain/Bread 6.75