

BREAKFAST MENU



Kitchen Fun with My 3 Sons

Did you Know?

That there was no turkey on the menu at the first Thanksgiving: Historians say that no turkey was served at the first Thanksgiving! What was on the menu? Deer or venison, ducks, geese, oysters, lobster, eel and fish. They probably ate pumpkins, but no pumpkin pies. They also didn't eat mashed potatoes or cranberry relish, but they probably ate cranberries.

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 \$.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 WG Cocoa Donut Applesauce 100 % Apple Juice Milk	2 WG Mini Waffle Applesauce 100 % Apple Juice Milk	3 No School	4	5
6 Frosted Flakes-Reduced Sugar Small Apple, 100% Juice Milk	7 Strawberry Mini Pancake Applesauce 100% Juice Milk	8 WG Mini Cluster Cherry Applesauce 100 % Juice Milk	9 Banana Choco Chunk Bar Berry Applesauce 100 % Juice Milk	10 No School	11	12
13 Trix-Reduced Sugar Small Apple 100% Juice Milk	14 WG Breakfast Pizza Applesauce 100% Juice Milk	15 WG French Toast Cherry Applesauce 100% Juice Milk	16 Sweet Potato Choco Chip Muffin Top LG Red Apple Milk	17 No School	18	19
20 Froot Loops-Reduced Sugar Small Apple 100% Juice Milk	21 Bagelful Berry Applesauce 100% Juice Milk	22 	23 	24 No School	25	26
27 WG Cinnamon Bun Applesauce 100% Juice Milk	28 Zucchini Bread Slice LG Red Apple Milk	29 WG Cocoa Donut Strawberry Applesauce, 100% Juice, Milk	30 WG Mini Waffle Applesauce 100% Juice Milk	No School		

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