

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 \$.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.

October 2017

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

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