

# LUNCH MENU



## Did you know?

Spinach is called a superfood for a reason: It's packed with vitamins A and C, which are essential for eye health, immune function and many other body processes. Vitamin K helps build strong bones. Spinach also contains folate and iron, which help prevent anemia. The magnesium and potassium are important for muscle development and growth. <http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/make-a-fresh-start-with-spring-foods>

## Payments

- You can now easily make payments online at [EzShoolPay.com](http://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.

# October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2 <b>Chicken Patty Sandwich</b> FFV Bar Milk	3 <b>Chicken Tenders</b> Potato Wedge FFV Bar Milk	4 <b>Hot Dog</b> Potato Wedge, FFV Bar, Milk	5 <b>Chicken Quesadilla</b> Corn FFV Bar, Milk	6 <b>No School</b>	7	8
9 <b>HAPPY FALL BREAK</b>	10 <b>HAPPY FALL BREAK</b>	11 <b>HAPPY FALL BREAK</b>	12 <b>HAPPY FALL BREAK</b>	13 <b>No School</b>	14	15
16 <b>Bean Burrito Bowl</b> FFV Bar Milk	17 <b>Hamburger</b> Potato Wedges FFV Bar Milk	18 <b>Grilled Cheese</b> Potato Wedges FFV Bar Milk	19 <b>Beef Soft Taco</b> Corn FFV Bar, Milk	20 <b>No School</b>	21	22
23 <b>Orange Chicken</b> Egg Roll, Rice FFV Bar Milk	24 <b>PBJ</b> Cheese Stick FFV Bar Milk	25 <b>WG Chicken Drumstick</b> Mashed Potato, Gravy, WW Roll FFV Bar, Milk	26 <b>Spaghetti w/ Meat Sauce</b> FFV Bar Milk	27 <b>No School</b>	28	29
30 <b>Famous Chicken Bowl</b> FFV Bar Milk	31 <b>Pizza</b> Tossed Salad FFV Bar Milk					

**Nutritional Information:** Cycle Week 1: Calories 3142, Sodium 4657mg, Meat/MA 10, Grain/Bread 9 Cycle Week 2: Calories 3164, Sodium 4628mg, Meat/MA 9, Grain/Bread 8.75 Cycle Week 3: Calories 3181, Sodium 5039mg, Meat/MA 10 Grain/Bread 8.75 Cycle Week 4: Calories 3226, Sodium 4483mg, Meat/MA 10, Grain/Bread 8.5 Cycle Week 5: Calories 3242, Sodium 5052, Meat/MA 10, Grain/Bread 8.5 Cycle Week 6: Calories 3165, Sodium 4995, Meat/MA 10, Grain/ Bread 8.5