

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 \$4.40

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.

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 LABOR DAY/ No School	5 Strawberry Mini Pancake Applesauce 100% Juice Milk	6 Sausage on a Stick Applesauce 100% Apple Juice Milk	7 Choco Chunk Banana Bar Applesauce 100% Juice Milk	8 No School	9	10
11 Choco Chip Muffin Top LG Red Apple Milk	12 Cocoa Donut Applesauce 100% Juice Milk	13 French Toast Craisins 100% Juice Milk	14 Bkfst Sausage Egg Burrito Applesauce 100% Juice Milk	15 No School	16	17
18 Fruit Loops-Red Sugar Small Apple, 100% Juice, Milk	19 Bkfst Wrap Applesauce 100% Juice Milk	20 Cherry Frudel Straw berry Applesauce, 100% Juice, Milk	21 Cinnamon Bun Applesauce 100% Juice Milk	22 No School	23	24
25 Bkfst Cinnamon Bar LG Red Apple Milk	26 Zucchini Bread Slice LG Red Apple Milk	27 Cocoa Donut Applesauce 100% Juice Milk	28 Maple Mini Waffle Applesauce 100% Juice Milk	29	30	

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