

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. (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.

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 LABOR DAY No School	5 BBQ Rib Sandwich Twister Fries, FFV Bar, Milk	6 PB&J Sandwich Cheese Stick, Fruit Roll Up, FFV Bar, Milk	7 Beef Soft Taco w/ WG Tortilla Corn, FFV Bar, Milk	8 No School	9	10
11 Hamburger Potato Wedge, FFV Bar, Milk	12 Pizza Tossed Salad, Oreo Cookie, Frozen Fruit Bar, FFV Bar, Milk	13 Early Release – Corn Dog Sun Chip, Oreo Cookie, Fruit, Vegetable, Milk	14 Early Release – Grilled Cheese Sun Chip, Fruit, Vegetable, Milk	15 No School	16	17
18 Country Fried Steak Mashed Potatoes, Gravy, Green Beans, FFV Bar, Milk	19 Fish Nuggets Potato Wedge, Tossed Salad, FFV Bar, Milk	20 Biscuits & Gravy Tator Tots, FFV Bar, Milk	21 Chili Bowl Corn Bread Muffin, FFV Bar, Milk	22 No School	23	24
25 Sloppy Joe Potato Wedge, Tossed Salad, FFV Bar, Milk	26 Pizza Tossed Salad, Oreo Cookie, Frozen Fruit Bar, FFV Bar, Milk	27 Chicken Nuggets Sweet Potato Fries, FFV Bar, Milk	28 PB&J Sandwich Cheese Stick, Fruit Roll Up, FFV Bar, Milk	29	30	

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