

Menu for March 2 to April 24, 2020

NATIONAL SCHOOL DISTRICT

FREE BREAKFAST IS SERVED EVERYDAY

Breakfast is served 45 minutes before first bell

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Whole Grain French Toast Sticks</p> <p>Yogurt with Whole Grain Crackers</p> <p>Assorted Cereal & String Cheese</p>	<p>Whole Grain Sausage Biscuit Sandwich</p> <p>Whole Grain Blueberry Muffin</p> <p>Assorted Cereal & String Cheese</p>	<p>Mini Maple Pancakes</p> <p>Yogurt with Whole Grain Crackers</p> <p>Assorted Cereal & String Cheese</p>	<p>Whole Grain Sweet Potato Muffin Top</p> <p>UBR Oatmeal Bar</p> <p>Assorted Cereal & String Cheese</p>	<p>Whole Grain Bagel with Cream Cheese</p> <p>Yogurt with Whole Grain Crackers</p> <p>Assorted Cereal & String Cheese</p>

All breakfast and lunch items are made with whole grains
Students may choose 1% white or nonfat flavored milk

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Toasted Cheese Sandwich on Whole Grain Bread</p> <p>Hot & Spicy Chicken Sandwich on Whole Grain Bun</p> <p>Wild Mike's Cheese Pizza with Whole Grain</p>	<p>Popcorn Orange Chicken with Brown Rice</p> <p>Ham & Cheese Sandwich on Whole Grain Bread</p> <p>Vegetarian Bean & Cheese Burrito</p>	<p>Whole Grain Pizza Crunchers</p> <p>Cheeseburger On Whole Grain Bun</p> <p>Chicken Fajita on Whole Grain Tortilla</p>	<p>Quesadilla on Whole Grain Tortilla</p> <p>Teriyaki Chicken with Brown Rice</p> <p>Yogurt with Whole Grain Crackers</p>	<p>Whole Grain Chicken Nuggets With Whole Grain Roll</p> <p>Hot Dog On Whole Grain Bun</p> <p>Turkey & Cheese Sandwich on Whole Grain Hoagie</p>

MENU PRICES

All students eat for *free* at breakfast and lunch

ADULTS:

Breakfast Entrée \$1.00

Breakfast Meal \$1.75

Lunch Entrée \$2.00

Lunch Meal \$3.00

Whole Fruit \$0.50 Milk \$0.50



Salad Bar

A selection of fruits & vegetables is offered daily:

FRUITS: oranges, bananas, apples, pears, blueberries, dried fruits, peaches, cantaloupe, grapes, strawberries fruit cups, and 100% juice

VEGETABLES: tossed salad, carrots, celery, cauliflower, cucumbers, broccoli, jicama, tomatoes, beans, peas and corn

This institution is an equal opportunity provider

Please note that all menu items are subject to change