



# NSD Elementary Breakfast Menu

# November

2019

## In Season Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are over 600 varieties of oranges worldwide.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

= Contains pork  
\* = Turkey Ham products containing 100% turkey - no pork ingredients

Maple Breakfast Wrap\* 4  
Ultimate Breakfast Round & Yogurt Smoothie  
Cereal Variety (Cereals with marshmallows contain gelatin)

Breakfast Pizza\* 5  
Mini Cinnis  
Cereal Variety (Cereals with marshmallows contain gelatin)

Quesadilla Triangle 6  
Mini Pancakes  
Cereal Variety (Cereals with marshmallows contain gelatin)

Breakfast Sliders\* 7  
Yogurt & Muffin  
Cereal Variety (Cereals with marshmallows contain gelatin)

Bagel & Cream Cheese 1  
Breakfast Bar  
Cereal Variety (Cereals with marshmallows contain gelatin)

Bagel & Cream Cheese 8  
Breakfast Bar  
Cereal Variety (Cereals with marshmallows contain gelatin)

11  
**Veterans Day**

Breakfast Pizza\* 12  
Mini Cinnis  
Cereal Variety (Cereals with marshmallows contain gelatin)

Quesadilla Triangle 13  
Mini Pancakes  
Cereal Variety (Cereals with marshmallows contain gelatin)

Breakfast Sliders\* 14  
Yogurt & Muffin  
Cereal Variety (Cereals with marshmallows contain gelatin)

Bagel & Cream Cheese 15  
Breakfast Bar  
Cereal Variety (Cereals with marshmallows contain gelatin)

Maple Breakfast Wrap\* 18  
Ultimate Breakfast Round & Yogurt Smoothie  
Cereal Variety (Cereals with marshmallows contain gelatin)

Breakfast Pizza\* 19  
Mini Cinnis  
Cereal Variety (Cereals with marshmallows contain gelatin)

Quesadilla Triangle 20  
Mini Pancakes  
Cereal Variety (Cereals with marshmallows contain gelatin)

Breakfast Sliders\* 21  
Yogurt & Muffin  
Cereal Variety (Cereals with marshmallows contain gelatin)

Bagel & Cream Cheese 22  
Breakfast Bar  
Cereal Variety (Cereals with marshmallows contain gelatin)

Maple Breakfast Wrap\* 25  
Ultimate Breakfast Round & Yogurt Smoothie  
Cereal Variety (Cereals with marshmallows contain gelatin)

Breakfast Pizza\* 26  
Mini Cinnis  
Cereal Variety (Cereals with marshmallows contain gelatin)

Quesadilla Triangle 27  
Mini Pancakes  
Cereal Variety (Cereals with marshmallows contain gelatin)

28  
**Thanksgiving Break**

29  
**Thanksgiving Break**

## Announcements

*Included with All Breakfasts*  
Daily Fruit Variety  
1% White or NF Chocolate Milk

*Menu selections may change based on product availability.*

*Food Service Director*  
**Juliana Fisher MS, RDN, CD, SNS**  
*Director, Food Services*  
[jfisher@nsd.org](mailto:jfisher@nsd.org)

## Meal Prices

<i>Breakfast</i>	
Elementary	\$2.05
Secondary	\$2.30
Reduced K-12	Free
Adult	\$2.70
<i>Lunch</i>	
Elementary	\$3.30
Secondary	\$3.55
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.30
Milk Only	\$0.50