




December 2019

In Season Grapefruit

In just 1/2 (100g) of a grapefruit, there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



Monday

Tuesday

Wednesday

Thursday

Friday

- A. Pepperoni Pizza 🐷 2
- B. Cheese Pizza
- C. Pizza Stack Pack 🐷

- A. Cheese or Seasoned Beef Nachos 3
- B. Beef or Bean Taco Salad
- C. Hummus Plate

- A. Dutch Waffle with Eggs 4
- B. Cheesy Egg & Sausage Breakfast Bun
- C. Yogurt Lunch

- A. Chicken Drumstick with Roasted Potatoes 5
- B. Blueberry Yogurt Parfait
- C. Deli* Stack Pack
Jungle Crackers

- A. All White Meat Chicken Burger 6
- B. Wild Alaska Fish Burger
- C. Vegetarian Burger

- A. Chicken Alfredo Pasta 9
- B. Hawaiian Ham, Cheese & Pineapple Bun*
- C. Yogurt Lunch

- A. Cheese or Seasoned Chicken Nachos 10
- B. Cheese Quesadilla
- C. Chicken Caesar Salad

- A. Sweet & Sour Chicken with Rice 11
- B. Chicken Teriyaki With Rice
- C. Yogurt Lunch

- A. Chicken Nuggets with Brown Rice 12
- B. Pretzel with Cheese Sauce & Sunflower Seeds
- C. Tuna Deli Sandwich
Juicy Sidekick

- A. 100% Beef Cheeseburger 13
- B. Wild Alaska Fish Burger
- C. Vegetarian Burger

- A. Pepperoni Pizza 🐷 16
- B. Cheese Pizza
- C. Pizza Stack Pack 🐷

- A. Cheese or Seasoned Beef Nachos 17
- B. Beef or Bean Taco Salad
- C. Hummus Plate

- A. Chicken Biscuit Sandwich 18
- B. Ham* & Cheese Ripper
- C. Yogurt Lunch

- A. Turkey Gravy with Mashed Potato and Roll 19
- B. Macaroni & Cheese with Roll
- C. Deli* Stack Pack
Holiday Sidekick

- A. All White Meat Chicken Burger 20
- B. Wild Alaska Fish Burger
- C. Vegetarian Burger

23
Winter Break

24
Winter Break

25
Winter Break

26
Winter Break

27
Winter Break

30
Winter Break


31
Winter Break

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

Announcements

Included with All Lunches
Fruit & Vegetable Garden Bar
1% White or NF Chocolate Milk

Menu selections may change based on product availability.

Follow us on Instagram 
[@nsdfoodandnutrition](https://www.instagram.com/nsdfoodandnutrition)

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