




Northshore School District Elementary

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

Maple Breakfast Wrap* 2
 Ultimate Breakfast Round & Yogurt Smoothie
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Breakfast Pizza* 3
 Mini Cinnis
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Quesadilla Triangle 4
 Mini Pancakes
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Breakfast Sliders* 5
 Yogurt & Muffin
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Bagel & Cream Cheese 6
 Breakfast Bar
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Maple Breakfast Wrap* 9
 Ultimate Breakfast Round & Yogurt Smoothie
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Breakfast Pizza* 10
 Mini Cinnis
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Quesadilla Triangle 11
 Mini Pancakes
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Breakfast Sliders* 12
 Yogurt & Muffin
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Bagel & Cream Cheese 13
 Breakfast Bar
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Maple Breakfast Wrap* 16
 Ultimate Breakfast Round & Yogurt Smoothie
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Breakfast Pizza* 17
 Mini Cinnis
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Quesadilla Triangle 18
 Mini Pancakes
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Breakfast Sliders* 19
 Yogurt & Muffin
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

Bagel & Cream Cheese 20
 Breakfast Bar
 Cereal Variety 🐾 (Cereals with marshmallows contain gelatin)

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 Breakfasts
 Variety of Fruit and
 100% Fruit Juice
 1% White & NF Chocolate Milk
Menu selections may change based on product availability.

Follow us on Instagram 
 @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