



# NSD Secondary Breakfast menu

# January

# 2020

## In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber.

In addition, oranges are a good source of B vitamins as well as Vitamin A.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

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

**Winter Break**

**Winter Break** 1

**Winter Break** 2

**Winter Break** 3

Maple Breakfast\* 6  
Wrap  
Breakfast Pizza\*  
Whole Grain Donut

Cheese Quesadilla 7  
Ultimate Breakfast Round with Smoothie  
Cinnamon Roll

Mini Pancakes 8  
Breakfast Pizza\*  
Whole Grain Donut

Cheesy Sausage Biscuit 9  
Ultimate Breakfast Round with Smoothie  
Cinnamon Roll

French Toast 10  
Breakfast Pizza\*  
Whole Grain Donut

Maple Breakfast\* 13  
Wrap  
Breakfast Pizza\*  
Whole Grain Donut

Cheese Quesadilla 14  
Ultimate Breakfast Round with Smoothie  
Cinnamon Roll

Mini Pancakes 15  
Breakfast Pizza\*  
Whole Grain Donut

Cheesy Sausage Biscuit 16  
Ultimate Breakfast Round with Smoothie  
Cinnamon Roll

French Toast 17  
Breakfast Pizza\*  
Whole Grain Donut

20  
**Martin Luther King, Jr. Day No School**

Cheese Quesadilla 21  
Ultimate Breakfast Round with Smoothie  
Cinnamon Roll

Mini Pancakes 22  
Breakfast Pizza\*  
Whole Grain Donut

Cheesy Sausage Biscuit 23  
Ultimate Breakfast Round with Smoothie  
Cinnamon Roll

French Toast 24  
Breakfast Pizza\*  
Whole Grain Donut

27  
**Non-Student Day Grading Day No School**

Cheese Quesadilla 28  
Ultimate Breakfast Round with Smoothie  
Cinnamon Roll

Mini Pancakes 29  
Breakfast Pizza\*  
Whole Grain Donut

Cheesy Sausage Biscuit 30  
Ultimate Breakfast Round with Smoothie  
Cinnamon Roll

French Toast 31  
Breakfast Pizza\*  
Whole Grain Donut

## Announcements

### Offered Daily:

Breakfast Bread Variety, Yogurt with a Muffin or Granola, Bagel & Cream Cheese, Peanut Butter & Jelly Uncrustable, Muffin Flat, Cereal Variety

### Included with All Breakfasts

Daily Fruit Variety and 100% Fruit Juice  
1% White or NF Chocolate Milk

Menu selections may change based on product availability.

Follow us on Instagram @nsdfoodandnutrition

## Meal Prices

### Breakfast

Elementary	\$2.05
Secondary	\$2.30
Reduced K-12	Free
Adult	\$2.70

### Lunch

Elementary	\$3.30
Secondary	\$3.55
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.30
Milk Only	\$0.50