



February 2020

In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.

Monday

Tuesday

Wednesday

Thursday

Friday

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

Maple Breakfast Wrap* 3
 Ultimate Breakfast Round & Yogurt Smoothie
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Breakfast Pizza* 4
 Mini Cinnis
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Quesadilla Triangle 5
 Mini Pancakes
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Breakfast Sliders* 6
 Yogurt & Muffin
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Bagel & Cream Cheese 7
 Cherry Frudel
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Maple Breakfast Wrap* 10
 Ultimate Breakfast Round & Yogurt Smoothie
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Breakfast Pizza* 11
 Mini Cinnis
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Quesadilla Triangle 12
 Mini Pancakes
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Breakfast Sliders* 13
 Yogurt & Muffin
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Bagel & Cream Cheese 14
 Cherry Frudel
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

17
President's Day
No School

18
Mid-Winter Break
No School

19
Mid-Winter Break
No School

20
Mid-Winter Break
No School

21
Mid-Winter Break
No School

Maple Breakfast Wrap* 24
 Ultimate Breakfast Round & Yogurt Smoothie
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Breakfast Pizza* 25
 Mini Cinnis
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Quesadilla Triangle 26
 Mini Pancakes
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Breakfast Sliders* 27
 Yogurt & Muffin
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

Bagel & Cream Cheese 28
 Cherry Frudel
 Cereal Variety 🐷 (Cereals with marshmallows contain gelatin)

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