



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

Follow us on Instagram

@nsdfoodandnutrition

Beef/Chicken Nachos ³
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Teriyaki ⁴
with Rice or Noodles
Korean BBQ Pork Rice Bowl
Chicken Tenders & Wedges
Spicy Chicken Wrap
Chicken Caesar Salad

Turkey Gravy with ⁵
Mashed Potatoes
Pasta with Meat Sauce
Mini Calzones with Marinara Sauce
Chicken Caesar Wrap
Chicken Caesar Salad

Cheesy Bread Rippers ⁶
w/ Tomato Soup
Chicken Enchiladas
Chicken Tenders & Wedges
Spicy Chicken Wrap
Chicken Caesar Salad

Beef/Chicken Nachos ⁷
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos ¹⁰
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Curry ¹¹
over Rice
Chili and Cornbread
Chicken Tenders & Wedges
Spicy Chicken Wrap
Chicken Caesar Salad

Chicken Tender ¹²
Potato Bowl
Macaroni & Cheese
Mini Calzones with Marinara Sauce
Chicken Caesar Wrap
Chicken Caesar Salad

Cheesy Bread Rippers ¹³
w/Homemade Potato Soup
Chicken & Waffles
Chicken Tenders & Wedges
Spicy Chicken Wrap
Chicken Caesar Salad

Beef/Chicken Nachos ¹⁴
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

¹⁷
**Presidents' Day
No School**

¹⁸
Mid Winter Break

¹⁹
Mid Winter Break

²⁰
Mid Winter Break

²¹
Mid Winter Break

Beef/Chicken Nachos ²⁴
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Teriyaki ²⁵
with Rice or Noodles
Vegan Chana Masala
Chicken Tenders & Wedges
Spicy Chicken Wrap
Chicken Caesar Salad

Turkey Gravy with ²⁶
Mashed Potatoes
Pasta with Meat Sauce
Mini Calzones with Marinara Sauce
Chicken Caesar Wrap
Chicken Caesar Salad

Cheesy Bread Rippers ²⁷
w/ Tomato Soup
Chicken Enchiladas
Chicken Tenders & Wedges
Spicy Chicken Wrap
Chicken Caesar Salad

Beef/Chicken Nachos ²⁸
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

Announcements

Offered Daily

Deli Sandwich*, Cheese & Pepperoni Pizza , Cheeseburger, Chicken Burger, Veggie Burger, Yogurt Lunch AND Hummus Plate

Specialty Pizza Rotation

Monday – Buffalo Chicken
Tuesday – Hawaiian*
Wednesday – Jalapeño Pepperoni
Thursday – Supreme
Friday – BBQ Chicken

Included with All Lunches

Fruit & Vegetable Garden Bar
1% White or NF Chocolate Milk
Menu selections may change based on product availability.

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