



NSD Secondary Breakfast Menu

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

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3
 Maple Breakfast*
 Wrap
 Breakfast Pizza*
 Whole Grain Donut

4
 Cheese Quesadilla
 Ultimate Breakfast Round
 with Smoothie
 Cinnamon Roll

5
 Mini Pancakes
 Breakfast Pizza*
 Whole Grain Donut

6
 Cheesy Sausage
 Biscuit
 Cherry Frudel
 Cinnamon Roll

7
 French Toast
 Breakfast Pizza*
 Whole Grain Donut

10
 Maple Breakfast*
 Wrap
 Breakfast Pizza*
 Whole Grain Donut

11
 Cheese Quesadilla
 Ultimate Breakfast Round
 with Smoothie
 Cinnamon Roll

12
 Mini Pancakes
 Breakfast Pizza*
 Whole Grain Donut

13
 Cheesy Sausage
 Biscuit
 Cherry Frudel
 Cinnamon Roll

14
 French Toast
 Breakfast Pizza*
 Whole Grain Donut

17
**Presidents' Day
 No School**

18
Mid Winter Break

19
Mid Winter Break

20
Mid Winter Break

21
Mid Winter Break

24
 Maple Breakfast*
 Wrap
 Breakfast Pizza*
 Whole Grain Donut

25
 Cheese Quesadilla
 Ultimate Breakfast Round
 with Smoothie
 Cinnamon Roll

26
 Mini Pancakes
 Breakfast Pizza*
 Whole Grain Donut

27
 Cheesy Sausage
 Biscuit
 Cherry Frudel
 Cinnamon Roll

28
 French Toast
 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.*

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