



Get off to a Good Start



..... Eat Breakfast

NUSD ELEMENTARY BREAKFAST MENU

January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>C=Calories F=Fat SF=Saturated Fat CHO=Carbohydrates</p>	<p>1 Happy New Year!</p>	<p>2 CHOICE OF CEREAL OFFERED DAILY</p>	<p>3 </p>	<p>4 Please pay meals daily or in advance at: www.K12PaymentCenter.com Questions: (951)928-2758 Email: jjones@nuview.k12.ca.us</p>
<p>MONDAY Non Student Day 7 </p>	<p>TUESDAY 8 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>WEDNESDAY 9 Bagel & Cream Cheese (C 317 F 10.72 SF 6.09 CHO 46.6)</p>	<p>THURSDAY 10 Mini Waffles (C 190 F 6 SF 1 CHO 33)</p>	<p>FRIDAY 11 Goody Ring (C 230 F 11 SF 4 CHO 29)</p>
<p>MONDAY 14 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)</p>	<p>TUESDAY 15 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>WEDNESDAY 16 Scone (C 276 F 7.7 SF 3 CHO 49.5)</p>	<p>THURSDAY 17 Mini Pancakes (C 200 F 6 SF 1 CHO 34)</p>	<p>FRIDAY 18 Breakfast Pizza (C 210 F 7 SF 2 CHO 26)</p>
<p>MONDAY 21 Dr. Martin L. King, Jr. </p>	<p>TUESDAY 22 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>WEDNESDAY 23 Muffin (C 270 F 7 SF 1 CHO 45)</p>	<p>THURSDAY 24 Dutch Waffles (C 300 F 13 SF 3 CHO 43)</p>	<p>FRIDAY 25 Chocolate Donuts (C 300 F 13 SF 8 CHO 39)</p>
<p>MONDAY 28 Honey Bun (C 340 F 12 SF 2.5 CHO 50)</p>	<p>TUESDAY 29 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>WEDNESDAY 30 Bagel & Cream Cheese (C 317 F 10.72 SF 6.09 CHO 46.6)</p>	<p>THURSDAY 31 Mini Waffles (C 190 F 6 SF 1 CHO 33)</p>	<p>FRIDAY CHOICE OF: 1% WHITE MILK NONFAT CHOCOLATE MILK NONFAT STRAWBERRYMILK SERVED DAILY *All grains served are Whole Grain Rich (WGR) SALAD BAR DAILY</p>

“USDA is an equal opportunity provider and employer.” “Esta institución es un proveedor que ofrece igualdad de oportunidades.”

Menu subject to change without notice