



NUSD Elementary Lunch Menu January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>C=Calories F=Fat SF=Saturated Fat CHO=Carbohydrates</p>			<p>Please pay meals daily or in advance at: www.K12PaymentCenter.com Questions: (951)928-2758 Email: jjones@nuview.k12.ca.us</p>	
<p>Non Student Day 7</p> 	<p>Chicken Fajita (C 212 F 5.98 SF 1.8 CHO 24.6) Or Beef Taco Stick (C 345 F 12.82 SF 8.35 CHO 31.87) Pinto Beans</p>	<p>Hot Dog (C 240 F 10.5 SF 2.5 CHO 26) Or Galaxy Pizza (C 300 F 12 SF 4 CHO 33) Sliced Pears</p>	<p>Chili Cheese Fries (C 262 F 10.9 SF 3.68 CHO 29.37) Or Chicken Nuggets (C 180 F 8 SF 1.5 CHO 14) Oven Fries (C 160 F 5.3 SF 1.3 CHO 25.3)</p>	<p>Hamburger (C 266 F 7.9 SF 2.9 CHO 31.8) Or Mozzarella Sticks (C 300 F 12 SF 7 CHO 36) Juice Bar</p>
<p>Chicken Tacos (C 212 F 4.48 SF .8 CHO 29.6) Or Queso Blanco Nachos (C 258 F 17 SF 6.3 CHO 18) Pinto Beans</p>	<p>Teriyaki Chicken (C 198 F 2.88 SF 0.68 CHO 28.39) Or Orange Chicken (C 268 F 3.88 SF 0.68 CHO 43.39) Carrots</p>	<p>Grilled Ham & Cheese Sandwich (C 372 F 19.5 SF 7.76 CHO 31.18) Or Pepperoni Pizza (C 280 F 9 SF 3 CHO 37) Diced Peaches</p>	<p>Spaghetti in Meat Sauce (C 269 F 9.15 SF 3.47 CHO 29.53) Or Chicken Patty on a Bun (C 390 F 15 SF 3 CHO 44) Tater Tots (C 120 F 7 SF 1 CHO 14)</p>	<p>Mini Cheese Burgers (C 287 F 8.1 SF 3 CHO 34.3) Or Hot Dog (C 240 F 10.5 SF 2.5 CHO 26) Juice Bar</p>
<p>Dr. Martin L. King, Jr. 21</p> 	<p>Chicken Patty on a Bun (C 390 F 15 SF 3 CHO 44) Or Deli Sandwich (C 244 F 4.41 SF 0.65 CHO 32.11) Carrots</p>	<p>Corn Dog (C 238 F 9.2 SF 2.5 CHO 27.8) Or French Bread Pizza (C 310 F 12 SF 4.5 CHO 34) Mixed Fruit</p>	<p>Macaroni & Cheese (C 325 F 13.6 SF 5.93 CHO 32.7) Or Chicken Nuggets (C 180 F 8 SF 1.5 CHO 14) Potato Smiles (C 130 F 4.5 SF .5 CHO 20)</p>	<p>Hamburger (C 266 F 7.9 SF 2.9 CHO 31.8) Or Queso Blanco Nachos (C 258 F 17 SF 6.3 CHO 18) Juice Bar</p>
<p>Beef Tostada (C 302 F 18.05 SF 5.22 CHO 14.28) Or Roll your own Burrito (C 279 F 8.98 SF 4.59 CHO 34.35) Pinto Beans</p>	<p>Teriyaki Chicken (C 198 F 2.88 SF 0.68 CHO 28.39) Or Orange Chicken (C 268 F 3.88 SF 0.68 CHO 43.39) Carrots</p>	<p>Hot Dog (C 240 F 10.5 SF 2.5 CHO 26) Or Galaxy Pizza (C 300 F 12 SF 4 CHO 33) Sliced Pears</p>	<p>Chili Cheese Fries (C 262 F 10.9 SF 3.68 CHO 29.37) Or Chicken Patty on a Bun (C 390 F 15 SF 3 CHO 44) Oven Fries (C 160 F 5.3 SF 1.3 CHO 25.3)</p>	<p>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