

WHAT'S FOR BREAKFAST?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Sausage & Biscuit Juice or Milk	Assorted Cereal & Pop Tart Juice or Milk	Bacon & Egg on Bun Juice or Milk	French Toast Stix Juice or Milk	Pop Tart & Fruit Juice or Milk
WEEK 2	Chicken on Roll Juice or Milk	Pop Tart & Fruit Juice or Milk	Biscuits & Gravy Juice or Milk	Sausage & Biscuit Juice or Milk	Assorted Muffins Juice or Milk
WEEK 3	Bacon & Egg on Bun Juice or Milk	French Toast Stix Juice or Milk	Assorted Donuts Juice or Milk	Assorted Cereal & Pop Tart Juice or Milk	Biscuits & Gravy Juice or Milk

Nicholas County Schools continues to participate in the National School Lunch and School Breakfast Programs called the Community Eligibility Option (CEO) for School Year 2017-2018.

All Nicholas County School Students are eligible to receive a healthy breakfast and lunch at school at **no charge** to your household each day of the 2017-2018 school year.

Additional meals or any additional items may be purchased by students. Students must have funds in their school lunch account or cash/check in order to purchase additional items as **charging of these items will not be permitted.**

Important Dates to Remember:

National School Lunch Week:
October 9-13, 2017

National School Breakfast Week:
March 5-9, 2018

* Menu subject to change without notice due to availability.

School Breakfast...The First Step to Learning

Children who are hungry find it hard to stay alert and participate in their classroom experiences. The NicholasCountySchoolsBreakfastProgramhelpsclosethe "readiness gap" with nutritious food in a cost-effective manner before classes begin. Breakfast is offered in all Nicholas County Schools; check with your school's cafeteria manager for information needed.

Breakfast Prices Daily Weekly 2 Weeks

Adults	2.00	10.00	20.00
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Special Dietary Needs:

If your child(ren) have needs for a special diet, your family physician must complete, with signature, a Special Dietary Needs Form. You may obtain this form from your school food service manager. The completed form is to remain on file in the office of the school food service manager.

To Contact Us:

Amy Switzer
395 West Main Street
Carlisle, KY 40311
(859) 289-3770
www.nicholas.k12ky.us

2017/2018







Nicholas County School District

FOOD SERVICE DEPARTMENT



WHAT'S FOR LUNCH?

Nicholas County Schools Food and Nutrition Services Breakfast and Lunch Selections

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cheeseburger on Bun Lettuce/Tomato/Pickle French Fries Pineapple Chunks or Oranges OR Turkey Sandwich 	Chili/Chicken Noodle Soup Grilled Cheese/Crackers Salad/Pickles Diced Peaches or Apples OR Pimento Cheese Sandwich	Chicken Nuggets Mashed Potatoes Peas Wheat Roll Strawberries or Oranges OR Peanut Butter & Jelly Sandwich	Mini Corn Dogs Baked Beans Chips SideKick Slush or Apples OR Chef Salad	Pizza Corn Salad Applesauce or Bananas OR Yogurt Box (Yogurt, Mozzarella Cheese Stick and WG Gold Fish)
WEEK 2	Salisbury Steak Mashed Potatoes/Gravy Green Beans Wheat Roll Pineapple Chunks or Oranges OR Chef Salad	Chicken Strips Rice Broccoli with Cheese Corn Diced Peaches or Apples OR Peanut Butter & Jelly Sandwich 	Stromboli Peppers/Onions Carrots with Ranch Chips SideKick Slush or Oranges OR Yogurt Box (Yogurt, Mozzarella Cheese Stick and WG Gold Fish)	Sloppy Joe on Bun Cole Slaw Tator Bites Carrots or Cucumbers Mandarin Oranges or Apples OR Turkey Sandwich 	Chicken Fajita Wrap Lettuce/Tomato/ Cheese Refried Beans Applesauce or Bananas OR Pimento Cheese Sandwich
WEEK 3	Chicken Patty on Bun Scalloped Potatoes Green Beans Pineapple Chunks or Oranges OR Chef Salad 	Pork Tenderloin Mac N Cheese Broccoli or Carrots Strawberries or Oranges OR Turkey Sandwich 	Taco Salad Baked Tortilla Chips Refried Beans Lettuce/Tomato/ Cheese Diced Peaches or Apples OR Pimento Cheese Sandwich	Spaghetti w/Meat Sauce Salad Green Beans Bread Mandarin Oranges or Apples OR Yogurt Box (Yogurt, Mozzarella Cheese Stick and WG Gold Fish) 	Cheese Sticks w/Meat Sauce Mixed Vegetables Corn Applesauce or Bananas OR Peanut Butter & Jelly Sandwich

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Milk offerings: Skim 1%, Fat Free Chocolate

Menu subject to change without notice due to availability.

Offer vs. Serve is implemented in all schools:

Lunch: Choose 3...No Less! Choose 4...That's More!
Choose 5...That's Best!

Breakfast: Choose 3 or 4...So you won't snore

School lunches are planned to provide 1/3 of the recommended dietary allowances for school-age children. In Nicholas County, elementary students are encouraged to select a complete lunch; however, under the "Offer vs. Serve" regulation, they are allowed to select three, four, or five items. Menus are planned to include a variety of choices.

Feeding Children Is Our Business

Chilled fruit choices consist of fresh and (or) canned and are offered on a daily basis.

• A la Carte items will be available to purchase daily.

Lunch Prices	Daily	Weekly	2 Weeks
Adults	3.25	16.25	32.50

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AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
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