

# WHAT'S FOR BREAKFAST?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Sausage & Biscuit Fruit Juice or Milk	Confetti Pancakes Fruit Juice or Milk	Bacon/Egg on Biscuit Fruit Juice or Milk	Cinnamon Toast <b>OR</b> Cocoa Puff Pastry Fruit Juice or Milk	Breakfast Pizza Fruit Juice or Milk
WEEK 2	Scrambled Eggs, Bacon & Toast Fruit Juice or Milk	Cereal & Toast Fruit Juice or Milk	Bacon & Egg on Bun Fruit Juice or Milk	French Toast Sticks Fruit Juice or Milk	Biscuit Sticks & Gravy Fruit Juice or Milk
WEEK 3	Sausage & Biscuit Fruit Juice or Milk	Muffin & Cereal Fruit Juice or Milk	Breakfast Pizza Fruit Juice or Milk	Scrambled Eggs, Sausage Link & Toast Fruit Juice or Milk	Cinnamon Toast Fruit Juice or Milk
WEEK 4	Sausage & Egg Biscuit Fruit Juice or Milk	Cinnamon Mini Fruit Juice or Milk	Canadian Bacon/Egg Biscuit Fruit Juice or Milk	Scrambled Eggs, Bacon & Toast Fruit Juice or Milk	Chicken Biscuit Fruit 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 2019-2020.

**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 2019-2020 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.**

\* 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 Nicholas County Schools Breakfast Program helps close the "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	2.33	11.60	23.20

### 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](http://www.nicholas.k12ky.us)

2019/2020

**Nicholas County School District**

FOOD SERVICE DEPARTMENT



# WHAT'S FOR LUNCH?

## Nicholas County Schools Food and Nutrition Services

### Breakfast and Lunch Selections

Nicholas County Schools will continue to participate in the National School Lunch and School Breakfast Programs called the Community Eligibility Option (CEO) for School Year 2019-2020.

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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.**

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	3.55	17.75	35.50

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.







Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Cheeseburger on Bun Lettuce/Tomato/Pickle French Fries Pineapple Chunks or Oranges <b>OR</b> Turkey Roll 	Chili/Chicken Noodle Soup Grilled Cheese/Crackers Salad/Pickles Diced Peaches or Grapes <b>OR</b> Yogurt Box	Pizza Salad Corn Strawberries or Oranges <b>OR</b> Ham Sandwich	Mini Corn Dogs Baked Beans Mac & Cheese Carrots with Ranch SideKick Slush or Apples <b>OR</b> Deli Chicken Sandwich	Cold Cut Sub/Lettuce Tomato/Pickle Corn Chips Applesauce or Bananas <b>OR</b> Peanut Butter & Jelly Sandwich
<b>WEEK 2</b>	Pot Roast Mashed Potatoes/Gravy Green Beans Pineapple Chunks or Oranges <b>OR</b> Peanut Butter & Jelly Sandwich	Chicken Strips Whole Potatoes Broccoli with Cheese Diced Peaches or Apples <b>OR</b> Chef Salad 	Hot Dog on Bun Chips Corn on Cob Cucumber with Ranch Mandarin Oranges or Strawberries <b>OR</b> Deli Chicken Sandwich	Sloppy Joe on Bun Cole Slaw Tator Bites Carrots with Ranch Watermelon or Apples <b>OR</b> Yogurt Box 	Chicken Fajita Wrap Lettuce/Tomato/ Cheese Corn Applesauce or Banana Cookie <b>OR</b> Turkey Roll Up
<b>WEEK 3</b>	Chicken Patty on Bun Augratin Potatoes Green Beans Strawberries or Oranges <b>OR</b> Chef Salad 	Cheezy Pasta Breadstick Salad California Blend SideKick Slush or Apples <b>OR</b> Ham Sandwich	Walking Taco (chips and meat) Lettuce/Cheese/Salsa Refried Beans Mandarin Oranges or Grapes <b>OR</b> Turkey Roll Up	Popcorn Chicken Smiles Peas Wheat Roll Strawberries with Chocolate or Applesauce <b>OR</b> Peanut Butter & Jelly Sandwich	Cheese Sticks/Meat Sauce Broccoli with Cheese Cauliflower with Ranch Blueberries or Banana <b>OR</b> Yogurt Box 
<b>WEEK 4</b>	Soft Taco (tortilla and meat) Lettuce/Cheese/Salsa Corn SideKick Slush or Oranges <b>OR</b> Peanut Butter & Jelly Sandwich	Chicken Drumstick Mashed Potatoes/Gravy Biscuit Peas Applesauce or Orange <b>OR</b> Yogurt Box	Baked Potato Cheese/Sour Cream/Chili Sauce Broccoli Mandarin Oranges or Apples <b>OR</b> Chef Salad	Pulled Pork on Bun Home Fries Cole Slaw Carrots with Ranch Cantaloupe <b>OR</b> Deli Chicken Sandwich	Fish Sticks Mac & Cheese Baked Beans Banana or Grapes Birthday Surprise <b>OR</b> Turkey Roll Up 

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
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