

# WHAT'S FOR BREAKFAST?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Emoji Waffle Juice or Milk Applesauce	Bacon Biscuit Juice or Milk Diced Pears	Breakfast Pizza Juice or Milk Diced Peaches	Sausage Biscuit Juice or Milk Grapes	Cereal Juice or Milk Pineapple
WEEK 2	Cereal Juice or Milk Applesauce	Chicken Biscuit Juice or Milk Pineapple	Bacon & Egg Biscuit Juice or Milk Diced Peaches	Muffins Juice or Milk Mixed Fruit	Biscuit & Gravy Juice or Milk Grapes
WEEK 3	Sausage & Egg Biscuit Juice or Milk Applesauce	Cereal Juice or Milk Grapes	Bacon & Egg Biscuit Juice or Milk Banana	Breakfast Pizza Juice or Milk Mixed Fruit	Pancakes Juice or Milk Apple
WEEK 4	Sausage Biscuit Juice or Milk Applesauce	French Toast Juice or Milk Mandarin Oranges	Bacon & Egg Biscuit Juice or Milk Apple Slices	Donuts Juice or Milk Oranges	Chicken Biscuit Juice or Milk Diced Peaches

Nicholas County Schools continues to participate in the National School Lunch and School Breakfast Programs called the Community Eligibility Option (CEO) for School Year 2022-2023.

**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 2022-2023 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	2.87	14.35	28.70

### 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)

2022/2023

**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 2022-2023.

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Milk offerings: Skim 1%, 1% 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	4.82	24.10	48.20

**USDA Nondiscrimination Statement:** In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17FaxMail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or  
(833) 256-1665 or (202) 690-7442; or
2. fax: (833) 256-1665 or (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
WEEK 1	Hot Dog on Bun Chips Corn on Cob Cauliflower with Ranch Diced Pears or Apples <b>OR</b> PB&J	Chicken Patty on Bun Whole Potatoes Broccoli with Cheese Strawberry Cups or Diced Peaches <b>OR</b> Turkey Rollup	Cheese Sticks/Meat Sauce Green Beans Carrots with Ranch Pineapple or Applesauce <b>OR</b> Yogurt Box	Pizza Corn Peppers with Ranch Watermelon or Bananas <b>OR</b> Chef Salad	Grilled Chicken Mexican Rice Whole Grain Tortilla Queso/Roasted Peppers Mexican Corn Grapes or Oranges <b>OR</b> Ham Sandwich
WEEK 2	Chicken Strips Mashed Potatoes Peas Whole Grain Roll Strawberry Cups or Pineapple <b>OR</b> Deli Chicken Sandwich	Chili/Chicken Noodle Soup Grilled Cheese/Crackers Pickles/Salad Diced Peaches or Whole Pears <b>OR</b> Yogurt Box	Mini Corn Dogs Baked Beans Mac & Cheese Carrots with Ranch Mixed Fruit or Applesauce <b>OR</b> PB&J	Cheeseburger on Bun French Fries Lettuce/Tomato/Pickle Grapes or Fresh Strawberries <b>OR</b> Pimento Cheese Sanwich	Popcorn Chicken Rice Salad Blueberries or Banana Birthday Surprise <b>OR</b> Turkey Rollup
WEEK 3	Sloppy Joe on Bun Cole Slaw Tator Bites Sidekick Slush or Applesauce <b>OR</b> PB&J	Walking Taco (chips and meat) Lettuce/Cheese/Salsa Refried Beans Grapes or Apple <b>OR</b> Deli Chicken Sandwich	Chicken Nuggets Mashed Potatoes Broccoli with Cheese Whole Grain Roll Mandarin Oranges or Apple Slices <b>OR</b> Yogurt Box	Crispy Chicken Wrap Tortilla Tator Tots Lettuce/Tomato/Cheese Cantaloupe or Banana <b>OR</b> Ham Sandwich	Pizza Corn Salad Strawberry Cups or Mixed Fruit <b>OR</b> Chef Salad
WEEK 4	Spaghetti with Meat Sauce Garlic Bread Green Beans Salad Sidekick Slush or Mandarin Oranges <b>OR</b> Yogurt Box	Chicken Drumstick Mashed Potatoes Gravy Biscuit Peas Apple Slices or Mixed Fruit <b>OR</b> PB&J	E.S. - Hamburger H.S. - Pulled Pork on Bun Home Fries Cucumbers with Ranch Oranges or Applesauce <b>OR</b> Ham Sandwich	Chicken Fajita Tortilla Lettuce/Tomato/Cheese Corn Grapes or Diced Peaches <b>OR</b> Turkey Roll Up	Fish Sticks Mac & Cheese Baked Beans Cole Slaw Pineapple or Banana <b>OR</b> Deli Chicken Sandwich

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
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