

# WHAT'S FOR BREAKFAST?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Sausage & Biscuit Fruit Juice or Milk	Cinnamon Roll Fruit Juice or Milk	Breakfast Burrito Fruit Juice or Milk	Cereal Bar & Toast 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 Fruit Juice or Milk	Biscuit & 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 Roll Fruit Juice or Milk	Cereal Bar & Toast Fruit Juice or Milk	Scrambled Eggs, Bacon & Toast Fruit Juice or Milk	Breakfast Burrito 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 2018-2019.

**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 2018-2019 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 15-19, 2018

National School Breakfast Week:

March 4-8, 2019

\* 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 NicholasCountySchoolsBreakfastProgram 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	2.32	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)

2018/2019

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 2018-2019.

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 2018-2019 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.**

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

**USDA Nondiscrimination Statement:** In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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> Yogurt Box 	Chili/Chicken Noodle Soup Grilled Cheese/Crackers Salad/Pickles Diced Peaches or Grapes <b>OR</b> Turkey Roll Up	Ravioli Salad Garlic Bread Stick Corn Strawberries or Oranges <b>OR</b> Peanut Butter & Jelly Sandwich	Mini Corn Dogs Baked Beans Mac & Cheese Carrots with Ranch SideKick Slush or Apples <b>OR</b> Chef Salad 	Pizza Corn Salad Applesauce or Bananas <b>OR</b> Turkey Sandwich
<b>WEEK 2</b>	Hot Shot 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 Pepper Strips with Ranch Mandarin Oranges or Strawberries <b>OR</b> Turkey 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 Roasted Corn with Black Beans Applesauce or Bananas Lemonaid 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 	Country Fried Steak Mashed Potatoes/Gravy Broccoli and Cauliflower/Ranch SideKick Slush or Apples <b>OR</b> Turkey Sandwich	Walking Taco (chips and meat) Lettuce/Cheese/Salsa Refried Beans Mandarin Oranges or Banana <b>OR</b> Turkey Roll Up	Popcorn Chicken Mashed Potatoes Peas Wheat Roll Strawberries with Chocolate or Applesauce <b>OR</b> Peanut Butter & Jelly Sandwich	Cheese Sticks/Meat Sauce Steamed Broccoli Carrots and Cucumbers with Ranch Grapes or Oranges <b>OR</b> Yogurt Box
<b>WEEK 4</b>	Beef Stew Noodles Corn Bread Pepper Strips with Ranch Banana or Oranges <b>OR</b> Peanut Butter & Jelly Sandwich	Sausage Mashed Potato/Gravy Biscuit Peas Applesauce or Banana <b>OR</b> Yogurt Box	Hot Ham and Cheese Sandwich Baked Potato Cheese/Sour Cream Mandarin Oranges or Apples <b>OR</b> Turkey Roll Up	Pulled Pork on Bun Home Fries Cole Slaw Carrots with Ranch Blooming Berries <b>OR</b> Turkey Sandwich 	Soft Tacos (torilla and meat) Lettuce/Cheese/Salsa Refried Beans Cantalope or Grapes Birthday Surprise <b>OR</b> Chef Salad

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31