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.

### WHAT’S FOR BREAKFAST?

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018/2019 Nicholas County School District FOOD SERVICE DEPARTMENT</td>
<td>Sausage &amp; Biscuit Fruit Juice or Milk</td>
<td>Cinnamon Roll Fruit Juice or Milk</td>
<td>Breakfast Burrito Fruit Juice or Milk</td>
<td>Cereal Bar &amp; Toast Fruit Juice or Milk</td>
<td>Breakfast Pizza Fruit Juice or Milk</td>
</tr>
</tbody>
</table>

### 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**

<table>
<thead>
<tr>
<th>Adults</th>
<th>Daily</th>
<th>Weekly</th>
<th>2 Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.32</td>
<td>11.60</td>
<td>23.20</td>
<td></td>
</tr>
</tbody>
</table>

### 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.k12.ky.us
### WEEK 1
**MONDAY**
- Cheeseburger on Bun
- Lettuce/Tomato/Pickle
- French Fries
- Pineapple Chunks or Oranges
**OR**
- Yogurt Box

**TUESDAY**
- Chili/Chicken Noodle Soup
- Grilled Cheese/Crackers
- Salad/Pickles
- Diced Peaches or Grapes
**OR**
- Turkey Roll Up

**WEDNESDAY**
- Ravioli
- Salad
- Garlic Bread Stick
- Corn
- Strawberries or Oranges
**OR**
- Peanut Butter & Jelly Sandwich

**THURSDAY**
- Mini Corn Dogs
- Baked Beans
- Mac & Cheese
- Carrots with Ranch Sidekick Slush or Apples
**OR**
- Chef Salad

**FRIDAY**
- Pizza
- Corn
- Salad
- Applesauce or Bananas
**OR**
- Turkey Sandwich

### WEEK 2
**MONDAY**
- Hot Shot
- Mashed Potatoes/Gravy
- Green Beans
- Pineapple Chunks or Oranges
**OR**
- Peanut Butter & Jelly Sandwich

**TUESDAY**
- Chicken Strips
- Whole Potatoes
- Broccoli with Cheese
- Diced Peaches or Apples
**OR**
- Chef Salad

**WEDNESDAY**
- Hot Dog on Bun
- Chips
- Corn on Cob
- Pepper Strips with Ranch
- Mandarin Oranges or Strawberries
**OR**
- Turkey Sandwich

**THURSDAY**
- Sloppy Joe on Bun
- Cole Slaw
- Tator Bites
- Carrots with Ranch
- Watermelon or Apples
**OR**
- Yogurt Box

**FRIDAY**
- Chicken Fajita Wrap
- Lettuce/Tomato/Cheese
- Roasted Corn with Black Beans
- Applesauce or Bananas
- Lemonaid Cookie
**OR**
- Turkey Roll Up

### WEEK 3
**MONDAY**
- Chicken Patty on Bun
- Augurin Potatoes
- Green Beans
- Strawberries or Oranges
**OR**
- Chef Salad

**TUESDAY**
- Country Fried Steak
- Mashed Potatoes/Gravy
- Broccoli
- Cauliflower/Ranch Sidekick Slush or Apples
**OR**
- Turkey Sandwich

**WEDNESDAY**
- Walking Taco (chips and meat)
- Lettuce/Cheese/Salsa
- Refried Beans
- Mandarin Oranges or Banana
**OR**
- Turkey Roll Up

**THURSDAY**
- Popcorn Chicken
- Mashed Potatoes
- Peas
- Wheat Roll
- Strawberries with Chocolate or Applesauce
**OR**
- Peanut Butter & Jelly Sandwich

**FRIDAY**
- Cheese Sticks/Meat Sauce
- Steamed Broccoli
- Carrots and Cucumbers with Ranch
- Grapes or Oranges
**OR**
- Yogurt Box

### WEEK 4
**MONDAY**
- Beef Stew
- Noodles
- Corn Bread
- Pepper Strips with Ranch Banana or Oranges
**OR**
- Peanut Butter & Jelly Sandwich

**TUESDAY**
- Sausage
- Mashed Potato/Gravy
- Biscuit
- Peas
- Applesauce or Banana
**OR**
- Yogurt Box

**WEDNESDAY**
- Hot Ham and Cheese Sandwich
- Baked Potato
- Cheese/Sour Cream
- Mandarin Oranges or Apples
**OR**
- Turkey Roll Up

**THURSDAY**
- Pulled Pork on Bun
- Home Fries
- Cole Slaw
- Carrots with Ranch
- Blooming Berries
**OR**
- Birthday Surprise

**FRIDAY**
- Soft Tacos (tortilla and meat)
- Lettuce/Cheese/Salsa
- Refried Beans
- Cantalope or Grapes
- Birthday Surprise
**OR**
- Chef Salad

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**Breakfast and Lunch Selections**
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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!

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**

<table>
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<th>2 Weeks</th>
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<tbody>
<tr>
<td></td>
<td>3.55</td>
<td>7.75</td>
<td>17.75</td>
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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, 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.

This institution is an equal opportunity provider.