

## NSU Lunch Menu

The Child Nutrition Department is critical in establishing a healthy school nutrition environment to promote optimum health. Our Child Nutrition employees follow essential worker protocols set by the CDC

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
Honey Sriracha chicken 34g brown rice 35g Kyoto veg 9.3g  Pineapple 16.6g	Pizza <a href="#">See List</a> Pears 18.9g	Burrito 23.4g Churro Beans 28g Mandarin Oranges 20.1g	Mac & Cheese 26.5g Cowboy Bread 28.9g Raw Broccoli 4.3g Applesauce 15g	Virtual Day
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
No  School	Pizza <a href="#">See List</a> Strawberries 13.4g  Sid e salad 1.9g	Nashville hot 0.6g Wedges 15.2g WW Roll 25.5g Mixed fruit 17.8g	Hamburger 28g  Cheeseburger 29g  Tots 14.1g  Grapes 7.9g	Chicken Fried Steak 14g Mashed Potatoes 18.2g/gravy 7.7g WW Roll 25.5g Pears 18.9g
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
Cherry Blossom Chicken 41.7g, Oriental veg 2.7g Brown Rice 35g Pineapple 16.6g	Pizza <a href="#">See List</a> Diced Pears 18.9g Sid e salad 1.9g	Walking nachos 32.1g Black beans 22.6g Blueberries 17.6g	Beef fingers 16g Mashed Potatoes 18.2g/gravy 5.9g WW Roll 25.5g Applesauce 15g	Chef choice Carrots 8.7g Roll 14g Banana 27g
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
Teriyaki Chicken 28g brown rice 35g Stir Fry Veg 5.3g Mandarin Oranges 20.1g	Pizza <a href="#">See List</a> Strawberries 13.4g  Sid e salad 1.9g	Soft Tacos 35g Black bean & corn salsa 29g Mixed fruit 17.8g	Spaghetti 34g Spaghetti Sauce 7.8g Garlic Bread 26.3g Mixed Salad 1.5g Grapes 7.9g	Chicken Fried Steak 14g Mashed Potatoes 18.2g/gravy 7.7g WW Roll 25.5g Peaches 18.1g
Monday, April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
Honey Sriracha chicken 34g Midori veg. 9.4g brown rice 35g Pineapple 16.6g	Pizza <a href="#">See List</a> Diced Pears 18.9g Sid e salad 1.9g	Burrito 23.4g Churro Beans 28g Mandarin Oranges 20.1g	Mac & Cheese 26.5g Cowboy Bread 28.9g Broccoli 4.4g Applesauce 15g	No  School

### Daily Meals

- A variety of seasonal fruits and veggies are served daily. Apples, salad, baby carrots, and broccoli are offered most days.
- Students must choose 3 food groups, one being fruit or veggie to qualify for reimbursable meals per federal guidelines.
- Carb Counts are listed in [blue](#).
- Menus are subject to change without notice due to item availability and utilization at each school site.

This institution is an equal opportunity provider and employer