

# Nadaburg Unified School District

## Breakfast and Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Confetti Pancake Applesauce, Juice, Milk  Beef Enchiladas w/ Red Sauce FFV Bar Milk	2 Donut Large Apple, Milk  Meatloaf & Baked Potato  FFV Bar Milk	3 Turkey Ham, Egg Sandwich Applesauce, Juice, Milk Bean Tostada  FFV Bar Milk
	7 Pancake Wrap Applesauce, Juice, Milk  Bean Burrito w/ Churro FFV Bar Milk	8 Cherry Frudel Applesauce, Juice, Milk  Orange Chicken & Rice Bowl FFV Bar Milk	9 Crescent Roll Applesauce, Juice, Milk  Tostito Scoops w/ Bean Dip FFV Bar Milk
14 Banana Bread Applesauce, Juice, Milk Fish & Chips  FFV Bar Milk	15 Mini Waffle Applesauce, Juice, Milk Chicken Fettucine Alfredo FFV Bar Milk	16 Pancake Bowl Raisels, Milk Chicken Nugget & Wedges FFV Bar Milk	17 French Toast Applesauce, Juice, Milk French Bread Pizza  FFV Bar Milk
21 Cinn Toast Crunch Cereal Kit w/ Apple, Milk  Chicken & Waffles FFV Bar Milk	22 Bkfst Wrap w/ Goldfish Salsa Cup, Juice, Milk  Hamburger & Wedges FFV Bar Milk	23 Choco Chunk Banana Bar Applesauce, Juice, Milk  Chicken Tender Bowl FFV Bar Milk	24 Pancake Sandwich Applesauce, Juice, Milk  Big Daddy Pizza FFV Bar Milk
28 Trix Cereal Kit w/ Apple, Milk  Chili Hot Dog FFV Bar Milk	29 Rolled Taco Raisels, Juice, Milk Beef Walking Taco w/ FFV Bar Milk	30 Mini Pancake Applesauce, Juice, Milk Loaded Baked Potato FFV Bar Milk	
Nutritional information for lunch: Cycle Week 1: Calories 2163, Sodium 3795 mg, Meat/Meat Alt 8, Grain 6.75 Cycle Week 2: Calories 2343, Sodium 3709 mg, Meat/Meat Alt 7, Grain 7 Cycle Week 3: Calories 2237, Sodium 3624 mg, Meat/Meat Alt 7, Grain 7 Cycle Week 4: Calories 1982, Sodium 2890 mg, Meat/Meat Alt 8, Grain 6.5 Cycle Week 5: Calories 2125, Sodium 3284 mg, Meat/Meat Alt 7, Grain 7 Cycle Week Alt: Calories 2195, Sodium 3415 mg, Meat/Meat Alt 8, Grain 7			


Menu items may be subject to change due to item availability

### Grandparents' Day!

Find each word in the search.  
Words go ↑, →, ↘, and ↙.

b	G	y	k	G	M	i	m	i	G
a	r	e	P	r	o	p	n	g	r
P	a	w	p	a	w	G	l	c	a
o	n	v	f	n	p	r	e	z	n
p	d	e	t	n	h	a	e	q	d
N	f	o	h	y	k	n	c	M	m
e	a	G	r	a	n	d	m	a	o
o	t	n	y	r	u	p	e	w	t
z	h	s	a	d	r	a	m	m	h
k	e	o	f	r	h	b	e	a	e
G	r	a	m	p	s	q	f	w	r

Grandma	Grandpa
Nana	Papa
Grandmother	Grandfather
Mawmaw	Pawpaw
Mimi	Pop
Granny	Gramps



**DID YOU KNOW?**  
September was originally the seventh month of the Roman calendar which is where it got the name meaning "seventh". With nine letters, September is the only month with the same number of letters in its name as the number of the month.

### Patriotic Mazes!

