

# OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Meal Prices:</b></p> <p><b>Full Price Elementary Breakfast \$1.10</b>  <b>Reduced Price Student Breakfast .30</b>  <b>Adults/Guests Breakfast 2.25</b></p> <p><b>Full Price Elementary Lunch \$2.30</b>  <b>Reduced Price Student Lunch .40</b>  <b>Adults/Guests Lunch 3.85</b></p>	<p><b>1</b> Warm Cherry Muffin or Nutrigrain Bar</p> <p>Sweet Asian Chicken w/Fried Rice or Wowbutter &amp; Jelly Sandwich w/Cheese Stick or Chicken &amp; Sunflower Seed Spinach Salad</p> <p>Stir Fry Vegetables Sweet Peas Cucumber Slices w/Chili Lime Fresh Watermelon Chilled Diced Peaches</p>	<p><b>2</b> Biscuit &amp; Chicken or Pan Dulce*</p> <p>Beef &amp; Cheese Nachos or Cheese Nachos or Egg &amp; Cheese Salad</p> <p>Pinto Beans Whole Kernel Corn Red Bell Pepper &amp; Baby Carrots w/Dip Chilled Mandarin Oranges Fresh Strawberries</p>	<p><b>3</b> Dutch Waffle* or Pop Tart</p> <p>Fish Sticks w/Mac &amp; Cheese and Garlic Breadstick or Macaroni &amp; Cheese or Italian Salad</p> <p>Baked Beans California Vegetables Tossed Salad w/Ranch Chilled Applesauce Fresh Banana</p>	<p><b>4</b> Bean &amp; Cheese Taco* or Glazed Donut Holes</p> <p>Breaded Chicken Drumstick or Cheese Popper Bites w/Marinara or Pepperroni Pizza Pack</p> <p>Spicy Hashbrowns Savory Green Beans Celery Sticks &amp; Crispy Carrots w/Dip Sliced Apples Blueberries &amp; Cream</p>
<p><b>7</b> Sausage and Cheese Flatbread* or Nutrigrain Bar</p> <p>Chicken Nuggets w/Cherry Crisp or Pizza Cheese Sticks w/Marinara or Wowbutter &amp; Jelly Sandwich w/Cheese Stick</p> <p>California Vegetables Broccoli w/Cheese Sauce Celery Sticks &amp; Grape Tomato w/Dip Chilled Sliced Peaches Fresh Apple</p>	<p><b>8</b> French Toast Sticks or Cinnamon Toast Bar</p> <p>Chicken Tamale or Yogurt &amp; Cheese Combo or Egg &amp; Cheese Salad</p> <p>Sweet Peas Tossed Salad w/Ranch Raw Vegetable Medley w/Dip Chilled Sliced Peaches Fresh Seedless Grapes</p>	<p><b>9</b> Biscuit &amp; Sausage or Mini Pancakes*</p> <p>Pork &amp; Rice Fiesta Bowl or Toasted Cheese Sandwich or Crispy Chicken Salad</p> <p>Black Beans Mixed Green Salad w/Ranch Baby Carrots &amp; Grape Tomatoes w/Dip Chilled Fruit Cocktail Fresh Banana</p>	<p><b>10</b> Cinnamon Roll* or Pop Tart</p> <p>BBQ Boneless Chicken Wings w/Cornbread or Stuffed Crust Pizza or Italian Salad</p> <p>Cheesy Garlic Potatoes Savory Green Beans Cucumber &amp; Jicama Sticks w/Dip Fresh Orange Smiles Chilled Pineapple Tidbits</p>	<p><b>11</b> Yogurt w/Blueberries or Cheese Bagels</p> <p>Breaded Chicken Sandwich or Breaded Mozzarella &amp; Ravioli w/Marinara or Turkey &amp; Cheese Lunch Box</p> <p>Tater Tots Lettuce &amp; Tomato Trimmings Crispy Carrots w/Dip Chilled Diced Peaches Fresh Strawberries</p>

## National School Lunch Week is October 14 - 18!

<p><b>14</b></p> 	<p><b>15</b> Egg &amp; Sausage Taquito* or Pop Tart</p> <p>Pepperoni Pizza or Cheese Pizza or Chicken &amp; Sunflower Seeds Spinach Salad</p> <p>Steamed Broccoli Savory Green Beans Red Bell Pepper &amp; Baby Carrots w/Dip Chilled Diced Peaches Fresh Seedless Grapes</p>	<p><b>16</b> Chicken &amp; Biscuit or French Toast Bites</p> <p>Cheese Enchiladas w/Chili w/Spanish Rice or Corn Dog or Egg &amp; Cheese Salad</p> <p>Pinto Beans Tossed Salad w/Ranch Crispy Carrots w/Dip Sour Raisins Fresh Banana</p>	<p><b>17</b> Cinnamon Cream Twist or Cinnamon Toast Bar</p> <p>Spaghetti w/Meat Sauce or Spaghetti w/Marinara w/Garlic Cheese Bread or Italian Salad</p> <p>Whole Kernel Corn California Vegetables Celery Sticks &amp; Crispy Carrots w/Dip Chilled Sliced Peaches Fresh Strawberries</p>	<p><b>18</b> Cheese Omelet* or Banana Muffin</p> <p>Frito Pie or Yogurt &amp; Cheese Combo or Pepperoni Pizza Pack</p> <p>Black Beans Mixed Green Salad w/Ranch Cucumber Slices w/Chili Lime Fresh Orange Smiles Blueberries &amp; Cream</p>
<p><b>21</b> Pancake and Sausage Wrap* or Cinnamon Toast Bar</p> <p>Chicken Tenders or Baked Potato w/Cheese w/Homemade Roll or Wowbutter &amp; Jelly Sandwich w/Cheese Stick</p> <p>Mashed Potatoes Savory Green Beans Tossed Salad w/Ranch Chilled Fruit Cocktail Fresh Seedless Grapes</p>	<p><b>22</b> Cinnamon Dunkers or Glazed Donut Holes</p> <p>Chicken &amp; Waffles or Stuffed Crust Pizza or Chicken &amp; Pepperoni Salad</p> <p>Tator Tots Mixed Green Salad w/Ranch Baby Carrots &amp; Grape Tomatoes w/Dip Fresh Apple Chilled Mandarin Oranges</p>	<p><b>23</b> Biscuit &amp; Sausage or Pan Dulce*</p> <p>Crispy Beef Tacos w/Spanish Rice or Toasted Cheese Sandwich or Crispy Chicken Salad</p> <p>Pinto Beans Taco Trimmings Celery Sticks &amp; Grape Tomatoes w/Dip Chilled Sliced Peaches Sliced Apples</p>	<p><b>24</b> Dutch Waffle* or Cheese Bagels</p> <p>Chicken Tamale or Cheese Popper Bites w/Marinara or Italian Salad</p> <p>Ranch Style Beans Savory Spinach Cucumber &amp; Jicama Sticks w/Dip Strawberries &amp; Cream Fresh Orange Smiles</p>	<p><b>25</b> Sausage Kolache* or Nutrigrain Bar</p> <p>Hamburger or Cheese Quesadilla or Turkey Lunchbox</p> <p>Sweet Potato Fries Lettuce &amp; Tomato Trimmings Baby Carrots &amp; Cucumber Slices w/Dip Fresh Watermelon Chunks Chilled Applesauce</p>
<p><b>28</b> Chicken &amp; Waffles or Banana Muffin</p> <p>Steak Fingers w/Homemade Roll or Yogurt &amp; Cheese Combo or Wowbutter &amp; Cheese Lunch Box</p> <p>Mashed Potatoes Steamed Broccoli Baby Carrots &amp; Grape Tomatoes w/Dip Chilled Sliced Peaches Fresh Orange Smiles</p>	<p><b>29</b> Warm Cherry Muffin or Nutrigrain Bar</p> <p>Sweet Asian Chicken w/Fried Rice or Wowbutter &amp; Jelly Sandwich w/Cheese Stick or Chicken &amp; Sunflower Seed Spinach Salad</p> <p>Stir Fry Vegetables Sweet Peas Cucumber Slices w/Chili Lime Fresh Watermelon Chunks Chilled Diced Peaches</p>	<p><b>30</b> Biscuit &amp; Chicken or Pan Dulce*</p> <p>Beef &amp; Cheese Nachos or Cheese Nachos or Egg &amp; Cheese Salad</p> <p>Pinto Beans Whole Kernel Corn Red Bell Pepper &amp; Baby Carrots w/Dip Chilled Mandarin Oranges Fresh Strawberries</p>	<p><b>31</b> Cinnamon Roll* or Pop Tart</p> <p>Fish Sticks w/Mac &amp; Cheese and Garlic Breadstick or Macaroni &amp; Cheese or Italian Salad</p> <p>Baked Beans California Vegetables Tossed Salad w/Ranch Chilled Applesauce Fresh Banana</p>	 <p>Parents, please visit the new website for your child's cafeteria account at <a href="http://www.SchoolCafe.com/NorthEastISD">www.SchoolCafe.com/NorthEastISD</a>. Create an account with your student's school name and student ID number. Once you create an account you will see any funds that were left in your child's account last school year. You can also make payments or apply for free or reduced price meals in School Café. A fee of \$2.25 is charged for each transaction.</p>

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# NEISD Elementary Menu

This institution is an equal opportunity provider. Menu subject to change.





# OCTOBER



**National School Lunch Week is October 14 - 18!**

**National School Lunch Week (NSLW) was created in 1962 by President John F. Kennedy. It's a weeklong celebration filled with events and activities designed to promote the benefits of the National School Lunch Program (NSLP). Keep an eye out for some amazing samples of new menu items during NSLW!**

**K-5 breakfast includes a choice of 2 entree items, 1 fresh or chilled canned fruit, 1 juice, and choice of milk. Cereal & pastries are available as alternate breakfast entrees. \*Starred breakfast entrees count as two items, which are: Potato Egg Taco, Dutch Waffle, Bean & Cheese Taco, Cinnamon Roll, Sausage and Cheese Flatbread, Pancake Sausage Wrap, Mini Pancakes, Pan Dulce, Sausage Kolache, Breakfast Taquito and Cheese Omelet.**

**K-5 student lunch includes a choice of 1 entree with a grain, 2 vegetable choices, 1 fruit choice and choice of milk.**

**Entrée Student Salad includes a choice of grains, 1 vegetable, 1 fruit and milk.**

**Combos include protein entree with grains, 2 vegetable choices, 1 fruit choice and a choice of milk.**

**Milk choices: fat free chocolate & strawberry, lowfat white, lactose free skim milk and low fat soy milk.**

**Students may decline any breakfast or lunch menu item, however, a minimum of 1 fruit or vegetable choice and 2 additional items must be selected.**

 **These Items Contain Pork:**

- Italian Chef Salad
- Seasoned Pinto Beans
- Pepperoni Pizza
- Breakfast Sausage Patty
- Sausage & Biscuit
- Pepperoni Pizza
- Pepperoni Pizza Pack
- Sausage Kolache

 **Meatless Lunch Entrees:**

- Cheese Pizza
- Baked Potato w/Cheese
- Hummus & Cheese Combo
- Toasted Cheese Sandwich
- Macaroni & Cheese
- Stuffed Crust Cheese Pizza
- Egg & Cheese Salad
- Cheese Quesadillas
- Wowbutter & Cheese Lunchbox
- Cheese Enchiladas w/o Chili
- Pizza Cheese Sticks w/Marinara
- Spaghetti w/Marinara
- Cheese Nachos
- Yogurt & Cheese Combo
- Cheese Popper Bites w/Marinara
- Wowbutter & Jelly Sandwich Combo
- Breaded Mozzarella & Ravioli w/Marinara

**GO, SLOW, WHOA**

**GO Foods contain the lowest amount of fat. GO Foods should be eaten more often than SLOW or WHOA Foods.**

**SLOW Foods**  
**SLOW foods are higher in fat than GO foods and lower in fat than WHOA foods. SLOW foods should be eaten less often than GO foods and more often than WHOA foods**

**WHOA foods are the highest in fat of the three groups. WHOA foods should be eaten less often than GO foods or SLOW foods.**

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