

NEISD MIDDLE SCHOOL MENU 2009-2010

LUNCH MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
CAFÉ Week 1	Steak Fingers Whole Grain Roll Choice of 3 Fruits & Vegetables	<u>Week 1 - 8/24, 9/14, 10/5, 10/26, 11/16, 12/14, 1/18, 2/8, 3/1, 3/29, 4/19, 5/10, 6/1</u> Chicken Parmigiana w/Pasta Hot Garlic Bread Choice of 3 Fruits & Vegetables			Spicy Chicken on a Wheat Bun Choice of 3 Fruits & Vegetables
CAFÉ Week 2	Chicken Tenders Whole Grain Roll Choice of 3 Fruits & Vegetables	<u>Week 2 - 9/1, 9/21, 10/12, 11/2, 12/1, 1/4, 1/25, 2/15, 3/8, 4/5, 4/26, 5/17</u> Pizza Cheese Sticks Focaccia Bread Stick Choice of 3 Fruits & Vegetables			Meatball Sandwich Choice of 3 Fruits & Vegetables
CAFÉ Week 3	Chicken Fried Steak Whole Grain Roll Choice of 3 Fruits & Vegetables	<u>Week 3 - 9/7, 9/28, 10/19, 11/9, 12/7, 1/11, 2/1, 2/22, 3/22, 4/12, 5/3, 5/24</u> Spaghetti w/Meat Sauce Hot Garlic Bread Choice of 3 Fruits & Vegetables			Grilled Chicken on a Wheat Bun Choice of 3 Fruits & Vegetables
FAVORITES Weekly	Fresh Made Pizza w/Garlic Bread Choice of 3 Fruits & Vegetables	Chicken Nuggets w/Garlic Bread Choice of 3 Fruits & Vegetables	Breaded Chicken on a Wheat Bun Choice of 3 Fruits & Vegetables	Fresh Made Pizza w/Garlic Bread Choice of 3 Fruits & Vegetables	Hamburger on a Wheat Bun Choice of 3 Fruits & Vegetables

Middle schools have two serving lines, **Café & Favorites**. On the Café serving line a three week rotation of the main dish is served. On the Favorites line, the menu repeats every week. On both serving lines the following meals are also available: **Salad To Go:** Chicken Chef Salad, Chicken BLT Salad or Chicken & Mozzarella Salad plus a choice of 1 Fruit or Vegetable, **Yogurt To Go:** Yogurt, Pretzels, Fresh Fruit plus a choice of 2 Fruits or Vegetables, **Wrap To Go:** Ham & Cheese or Turkey & Cheese or Spicy Chicken Wrap & Fresh Fruit plus choice a of 2 Fruits & Vegetables

BREAKFAST MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast Pizza	Pancake & Sausage Wrap	Yogurt & Cinnamon Toast	Breakfast on a Bun	Bacon/Egg or Bacon/Cheese Taco
Week 2	Pancakes with Syrup	Chicken & Biscuit	Top Your Toast	Cinnamon Roll	Potato/Egg or Bean/Cheese Taco
Week 3	French Toast Sticks with Syrup	Sausage & Biscuit	Cinnamon Roll	Blueberry Muffin	Chorizo/Egg or Bean/Cheese Taco

Breakfast includes entrée & choice of juice, fresh, or chilled canned fruit. Cereal & toaster pastries are available as alternate breakfast entrees. Students may choose a combination of any two breakfast entrée items. Breakfast entrée items that equal 2 entrées are: Breakfast Pizza, Breakfast Tacos, Cinnamon Roll, Pancake & Sausage Wrap, and Breakfast on a Bun

Breakfast & lunch include a choice of lowfat white, chocolate, strawberry, or vanilla milk or skim milk. Students may decline any breakfast or lunch menu item, however, a minimum of 3 items must be selected. See cafeteria manager or web site for details. Menu is subject to change.

NEISD School Nutrition Services Department is now offering online prepayments for your child's cafeteria meal account by accessing <https://www.mylunchmoney.com/>. Information needed to access: Student's Name & ID Number and Birth Date. A fee of \$1.95 is charged for each transaction. Middle School Students are not permitted to run a negative balance on meal accounts.



[View Nutritional Values](#)

Returned checks may be recovered electronically along with the state allowed fee

2009-2010 A LA CARTE PRICE LIST

Hot Sandwiches	Price	Fruit and Vegetables	Price	Salads and Combos	Price
Cheeseburger	\$1.40	Canned Fruit & Gelatin w/ Fruit	\$0.50	Chef Salad w/Croutons	\$1.90
Breaded Chicken Fillet	\$1.15	Cold and Hot Vegetables	\$0.50	Chicken & Cheese Salad w/ Croutons	\$1.90
Chopped BBQ Poorboy	\$1.45	Fresh Fruit	\$0.50	Chicken BLT Salad w/ Croutons	\$1.90
Corn Dog	\$0.95	Frozen Juice Bar	\$0.35	Chicken or Tuna Salad & Fruit	\$1.90
Deli Sandwich on Hoagie	\$1.45	Fresh Fruit Cup	\$1.10	Sub To Go, Yogurt To Go, Wrap To Go	\$1.70
Deluxe Chicken Sandwich	\$2.00	Extras	Price	Desserts	Price
Fish & Cheese Sandwich	\$1.40	Cheese Cup, Shredded	\$0.40	Brownie	\$0.60
Grilled Cheese Sandwich	\$0.95	Cheese Sauce	\$0.70	Cereal Bar, Trix or Cinnamon Crunch	\$0.60
Grilled Chicken & Cheese	\$1.40	Chips	\$0.60	Cereal To Go, Cinnamon or Graham	\$0.50
Hamburger	\$1.15	Crackers, Saltine - 1 pkg	\$0.15	Gingerbread Cookie	\$0.35
Hot Dog	\$0.95	Croutons	\$0.15	Graham Crackers - Fish Shape	\$0.25
Meatball Pocket	\$1.55	Dill Pickle, Whole	\$0.50	Graham Crackers, Mini Shaped	\$0.35
Pizza Pocket	\$1.20	Dressing Packaged: Caesar, Italian, Ranch	\$0.25	Granola Bar Honey & Oat, Crunchy	\$0.35
Spicy Chicken	\$1.15	Goldfish, Whole Grain	\$0.30	Granola Bar, Chocolate Chip & Smores	\$0.35
Veggie Burger w/Cheese	\$1.45	Ice Cup	\$0.15	Granola Cereal To Go	\$0.50
Hot Items	Price	Jerky	\$1.10	Jello Cup	\$0.40
Asian To Go	\$1.80	Marinara Sauce	\$0.30	Marshmallow & Cereal Bar	\$0.60
Baked Potato w/Cheese Sauce	\$1.40	Packaged Condiments - 2 pkgs	\$0.05	Nutrigrain Bar	\$0.60
Bean & Cheese Burrito	\$1.20	Peanut Butter Crackers	\$0.40	Oatmeal Brown Sugar Bar, Chewy	\$0.60
Biscuit & Sausage	\$0.75	String Cheese	\$0.30	Peanut Butter & Jelly Bar	\$0.60
Cheese Bread Stick	\$0.75	Sunflower Kernels	\$0.30	Pudding Cup	\$0.40
Cheese Nachos	\$1.45	Yogurt, 8 oz.	\$0.80	Ice Cream	Price
Cheese Pizza Sticks w/Sauce	\$1.40	Beverages	Price	Banana or Fudge Bar	\$0.65
Chili Cheese Burrito	\$1.40	Bottled Water, 16.9 oz.	\$0.85	Cookies & Cream or Nutzo Cone	\$0.65
Deluxe Chicken Chunks, Regular, BBQ	\$1.50	Fruit Slush, Raspberry or Strawberry	\$0.90	Cookies & Cream Cup	\$0.65
Egg Roll	\$1.00	Hot Chocolate	\$0.55	Cookies & Cream or Neapolitan Sandwich	\$0.65
Pepperoni Pizza Deluxe	\$1.90	Iced Tea	\$0.55	Ice Cream Cup: Vanilla Choc, Strawberry	\$0.35
Cold Sandwiches & Subs	Price	Juice 6 oz, apple, orange, fruit blend	\$0.55	Rainbow Sherbet Pop Up	\$0.65
Chicken Salad or Tuna Salad Sandwich	\$1.05	Juice, Bottled 10 oz.	\$0.85	Sherbet Cups: Lime, Orange, Rainbow	\$0.35
Ham & Cheese Sandwich	\$1.05	Milk, 16 oz.	\$0.95	Menu Prices	Price
Ham & Cheese or Turkey Sub	\$1.40	Milk, 8 oz.	\$0.40	Student Lunch	\$2.00
Ham or Turkey Sandwich	\$1.05	Soy Milk	\$0.65	Student Breakfast	\$0.95
Peanut Butter & Jelly Sandwich	\$0.70	Sports Drink or Sport Water	\$1.00	Guest Breakfast	\$1.50
Ham, Turkey or Spicy Chicken Wrap	\$1.40			Guest Lunch	\$3.00
				Student Reduced Breakfast	\$0.30
				Student Reduced Lunch	\$0.40
Not all menu items available daily or at all locations					

Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call 202/ 720-6382 (voice and TDD). USDA is an equal opportunity provider and employer.