

NEISD Middle School Menu

SAVOR the FLAVOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1: 8/22, 9/19, 10/17, 11/14, 12/19, 1/30, 2/27, 4/3, 5/1, 5/29				
Chicken Nuggets OR Baked Potato w/Cheese w/Homemade Roll	Spaghetti w/Meat Sauce or w/Marinara Sauce w/Garlic Bread	Beef & Cheese Nachos OR Cheese Nachos	Cheese, Pepperoni or Specialty Pizza	Street Tacos
Week 2: 8/29, 9/26, 10/24, 11/28, 1/9, 2/6, 3/6, 4/10, 5/8				
Chicken Taquitos w/Cheese Sauce	Meatball Sub Sandwich OR Macaroni & Cheese	Crispy Beef Tacos and Spanish Rice	Steak Fingers OR Baked Potato w/Cheese w/Homemade Roll	Sweet Asian Chicken w/Fried Brown Rice
Week 3: 9/5, 10/3, 10/31, 12/5, 1/16, 2/13, 3/20, 4/17, 5/15				
Burger Mania Includes a Variety of Toppings	Chicken Nuggets w/Cornbread	Beef & Cheese Nachos OR Cheese Nachos	Boneless Buffalo or BBQ Chicken Bites OR Baked Potato w/Cheese w/Homemade Roll	Chili Pie w/Cheese
Week 4: 9/12, 10/10, 11/7, 12/12, 1/23, 2/20, 3/27, 4/24, 5/22				
Chicken Tenders OR Baked Potato w/Cheese w/Homemade Roll	Meatlover's Stromboli w/Marinara OR Macaroni and Cheese	Cheese Enchiladas with Chili and Spanish Rice	Teriyaki Chicken w/Fried Brown Rice	Top Your Dog Includes a Variety of Toppings

The Middle School Café offers Savor the Flavor and From the Grill. Lunch from both options include an entree with a grain choice plus a choice of one fruit, two vegetables and milk. Yogurt Combos and Hummus Combo are also offered on all serving lines daily which include a choice of one fruit, two vegetables and milk. Entrée Salads are offered on all serving lines daily which include a choice of one fruit, one vegetable and milk. Lunch includes a choice of skim white, chocolate, strawberry milk. Additional milk choices include low-fat white, lactose free white and chocolate low-fat soy milk. Students must select a minimum of one fruit or vegetable and two additional items with their lunch.

The GRILL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1: 8/22, 9/5, 9/19, 10/3, 10/17, 10/31, 11/14, 12/5, 12/19, 1/16, 1/30, 2/13, 2/27, 3/20, 4/3, 4/17, 5/1, 5/15, 5/29				
Hamburger Breaded Chicken Sandwich Corn Dog Bean & Cheese Burrito Breaded Chicken Wrap Turkey & Cheese Croissant Hummus Combo Yogurt Combo Farm Fresh Salads	Cheeseburger Spicy Chicken Sandwich Chicken Tamale Pizza Sticks with Marinara Sauce Spicy Chicken Wrap Chicken Salad Croissant Hummus Combo Yogurt Combo Farm Fresh Salads	Hamburger Breaded Chicken Sandwich Chicken Grilled w/Cheese Cheese Pizza Chicken Salad Wrap Ham & Cheese Croissant Hummus Combo Yogurt Combo Farm Fresh Salads	Cheeseburger Spicy Breaded Sandwich Beef & Bean Burrito Black Bean Cheeseburger Spicy Chicken Wrap Turkey & Cheese Croissant Hummus Combo Yogurt Combo Farm Fresh Salads	Hamburger Breaded Chicken Sandwich Fish Filet Sandwich Bean & Cheese Burrito Breaded Chicken Wrap Ham & Cheese Croissant Hummus Combo Yogurt Combo Farm Fresh Salads
Week 2: 8/29, 9/12, 9/26, 10/10, 10/24, 11/7, 11/28, 12/12, 1/9, 1/23, 2/6, 2/20, 3/6, 3/27, 4/10, 4/24, 5/8, 5/22				
Cheeseburger Breaded Chicken Sandwich Chicken Tamale Cheese Pizza Breaded Chicken Wrap Turkey & Cheese Croissant Hummus Combo Yogurt Combo Farm Fresh Salads	Hamburger Spicy Breaded Sandwich Beef & Bean Burrito Pizza Sticks with Marinara Sauce Spicy Chicken Wrap Chicken Salad Croissant Hummus Combo Yogurt Combo Farm Fresh Salads	Cheeseburger Breaded Chicken Sandwich Corn Dog Black Bean Cheeseburger Chicken Salad Wrap Ham & Cheese Croissant Hummus Combo Yogurt Combo Farm Fresh Salads	Hamburger Spicy Breaded Sandwich Grilled Chicken w/Cheese Bean & Cheese Burrito Spicy Chicken Wrap Turkey & Cheese Croissant Hummus Combo Yogurt Combo Farm Fresh Salads	Cheeseburger Breaded Chicken Sandwich Fish Filet Sandwich Cheese Pizza Breaded Chicken Wrap Ham & Cheese Croissant Hummus Combo Yogurt Combo Farm Fresh Salads

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Student
Breakfast
\$1.00

Student
Lunch
\$2.50

Reduced
Priced
Breakfast
\$.30

Reduced
Priced
Lunch
\$.40

Guest
Breakfast
\$2.10

Guest
Lunch
\$3.25

Menu
subject
to
change

 These Items Contain Pork:
Ham Croissant
Italian Salad
Meat Lovers Stromboli
Pepperoni Pizza
Street Tacos

Sausage @ Biscuit
Bean @ Cheese Taco
Pancake @ Sausage Wrap
Egg, Cheese @ Ham Slider

 Meatless Entrees:

Baked Potato w/Cheese
Bean @ Cheese Burrito
Black Bean Cheeseburger
Cheese Enchiladas
Cheese Nachos
Cheese Pizza
Egg @ Cheese Salad
Hummus Combo
Macaroni @ Cheese
Pasta w/Marinara
Pizza Sticks
Yogurt Combo

