

Choice of 3 Fruits or Vegetables with lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
2	French Toast Sticks w/ Syrup	3	Sausage & Biscuit	4	Breakfast Pizza	5	Blueberry Muffins	6	Cinnamon Roll
	Pizza Cheese Sticks Foccacia Bread Stick Steamed Broccoli Celery w/ Peanut Butter Chilled Applesauce Canned & Fresh Seasonal Fruit		Grilled Chicken on a Wheat Bun Crispy Fries Sandwich Trimmings Gelatin w/ Peaches Canned & Fresh Seasonal Fruit		Cheese Enchiladas Spanish Rice Seasoned Pinto Beans Whole Kernel Corn Chilled Pineapple Tidbits Canned & Fresh Seasonal Fruit		Pepperoni Pizza Hot Garlic Bread Mixed Vegetables Mixed Green Salad w/Dressing Fresh Banana Canned & Fresh Seasonal Fruit		Chicken Fried Steak Hot Wheat Roll Mashed Potatoes Country Style Spinach Fresh Apple Wedge Canned & Fresh Seasonal Fruit
	<i>Baked Potato w/ Cheese & Bread Choice of 2 Fruits or Vegetables</i>		Turkey Wrap <i>Choice of 3 Fruits or Vegetables</i>		<i>Yogurt Plate & Strawberry Bar Choice of 3 Fruits or Vegetables</i>		Chicken Chef Salad w/ Goldfish <i>Choice of 1 Fruit or Vegetable</i>		<i>Baked Potato w/ Cheese & Roll Choice of 2 Fruits or Vegetables</i>
9	Top Your Toast	10	Waffle Sticks w/ Syrup	11	Chicken & Biscuit	12	Cinnamon Roll	13	Potato & Egg or Bean & Cheese Taco
	Spaghetti w/ Meat Sauce Hot Garlic Bread Broccoli w/Cheese Crispy Raw Carrots w/Dip Frozen Juice Bar Canned & Fresh Seasonal Fruit		Breaded Chicken on a Wheat Bun Spicy Hash browns Sandwich Trimmings Chilled Mandarin Oranges Canned & Fresh Seasonal Fruit		Bean & Cheese Chalupas Corn on the Cob Chalupa Trimmings Watermelon Chunks Canned & Fresh Seasonal Fruit		Cheese Pizza Hot Garlic Bread Stir Fry Vegetables Dill Pickle Seedless Grapes Canned & Fresh Seasonal Fruit		Hot Dog on a Wheat Bun Macaroni & Cheese Ranch Style Beans Raw Vegetable Medley w/Dip Chilled Pear Half Canned & Fresh Seasonal Fruit
	<i>Baked Potato w/ Cheese & Bread Choice of 2 Fruits or Vegetables</i>		Ham Wrap <i>Choice of 3 Fruits or Vegetables</i>		<i>Yogurt Plate & Strawberry Bar Choice of 3 Fruits or Vegetables</i>		Chicken BLT Salad w/Goldfish <i>Choice of 1 Fruit or Vegetable</i>		<i>Baked Potato w/ Cheese & Bread Choice of 2 Fruits or Vegetables</i>
16	Blueberry Muffins	17	Sausage & Biscuit	18	Pancake & Sausage Wrap	19	Breakfast Pizza	20	French Toast Sticks w/ Syrup
	Chicken Tenders Hot Wheat Roll Mashed Potatoes Country Style Spinach Chilled Pineapple Tidbits Canned & Fresh Seasonal Fruit		Hamburger on a Wheat Bun Tater Tots Sandwich Trimmings Orange Smiles Canned & Fresh Seasonal Fruit		Beef & Cheese Nachos Seasoned Pinto Beans Whole Kernel Corn Applesauce Gelatin Canned & Fresh Seasonal Fruit		Roast Turkey w/Dressing & Gravy Whole Wheat Roll Mashed Potatoes Savory Green Beans Sweet Potato Pie Canned & Fresh Seasonal Fruit		Sweet Asian Chicken Fried Rice California Vegetables Savory Peas Chilled Fruit Cocktail Canned & Fresh Seasonal Fruit
	<i>Baked Potato w/ Cheese & Roll Choice of 2 Fruits or Vegetables</i>		Turkey Wrap <i>Choice of 3 Fruits or Vegetables</i>		<i>Yogurt Plate & Strawberry Bar Choice of 3 Fruits or Vegetables</i>		Chicken Chef Salad w/ Goldfish <i>Choice of 1 Fruit or Vegetable</i>		<i>Baked Potato w/ Cheese & Bread Choice of 2 Fruits or Vegetables</i>

THANKSGIVING HOLIDAYS
NOVEMBER 23-27

30	Sausage Kolache	<p>When you think of Thanksgiving, thoughts of turkey, mashed potatoes, cranberry sauce, and pumpkin pie probably come to mind. However, at the first Thanksgiving the menu was much different. In addition to turkey you could expect to see venison, wild fowl, goose, duck, crane, swan, seal, cod, lobster, clams, and/or eel. Your choice of vegetables would include peas, pumpkins, onions, lettuce, radishes, carrots, and beans. Foods may have been seasoned with olive oil, liverwort, leeks, dried currants, and parsnips. For dessert, plums, grapes, walnuts, chestnuts, and acorns may have been your only options. So, when you eat your Thanksgiving dinner this year, think of how much the menu has changed since the first Thanksgiving. You might also think about what it would have been like to eat the foods on the Pilgrim's menu!</p>
	Pizza Cheese Sticks Foccacia Bread Stick Savory Green Beans Whole Kernel Corn Frozen Juice Bar Canned & Fresh Seasonal Fruit	
	<i>Baked Potato w/ Cheese & Bread Choice of 2 Fruits or Vegetables</i>	

 = PORK PRODUCT

 = MEATLESS



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



Breakfast Prices

Student Breakfast \$0.90
Student Reduced Breakfast \$0.30
Guest Breakfast \$1.50

Student Lunch \$1.75
Student Reduced Lunch \$0.40
Guest Lunch \$3.00

Lunch Prices

Breakfast includes two entrée items & choice of juice, fresh or chilled canned fruit. Cereal & toaster pastries are available as alternate breakfast entrées.

Breakfast entrée items that equal 2 entrées are: Breakfast Pizza, Breakfast Tacos, Cinnamon Roll, Sausage Kolache

Breakfast and lunch include a choice of 1% lowfat, white, chocolate, strawberry milk, and 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.

You may submit your application for free & reduced price meals on line at www.neisd.net/foodserv/HTML/menus.html

AVERAGE WEEKLY LUNCH NUTRITIONAL SUMMARY FOR					
Week of	Total Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)
November 2	733.30	23.43	8.12	34.32	98.70
November 9	675.42	20.65	6.97	31.81	93.81
November 16	708.40	22.27	6.56	33.84	94.34



GO Foods are highlighted in green on the menu. **GO Foods** contain the lowest amount of fat. **GO** foods should be eaten more often than **SLOW OR WHOA** foods.



SLOW Foods are highlighted in yellow on the menu. **SLOW** foods are higher in fat than **GO** foods and lower in fats than **WHOA** foods. **SLOW** foods should be eaten less often than **GO** foods and more often than **WHOA** foods.



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

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

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.