

NEISD Alternative Middle/High School Menu 2016-2017

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: 8/22, 9/19, 10/17, 11/14, 12/19, 1/4, 1/30, 2/27, 4/3,5/1, 5/29				
Chicken Nuggets w/Corbread Homemade Rolls Mashed Potatoes Broccoli w/Cheese Sauce Celery Sticks & Baby Carrots/Dip Chilled Applesauce Fresh Seedless Grapes	Spaghetti w/Meat Sauce OR Spaghetti w/ Marinara Sauce Garlic Cheese Bread Seasoned Spinach Tossed Salad w/Ranch Crispy Carrots Chilled Sliced Pears Fresh Strawberries	Beef & Cheese Nachos OR Cheese Nachos Seasoned Pinto Beans Whole Kernel Corn Baby Carrots & Tomatoes/Dip Sliced Apple Wedges Chilled Diced Peaches	Pepperoni or Cheese Pizza Roasted Vegetables Sweet Peas Mixed Green Salad w/Ranch Pineapple Tidbits Orange Slices	Spicy Breaded Chicken Burger Tater Tots Lettuce & Tomato Trimmings Raw Vegetable Medley/Dip Chilled Sliced Peaches Apple & Orange Wedges
Week 2: 8/29, 9/26, 10/24,11/28,1/9, 2/6, 3/6, 4/10, 5/8				
Chicken Taquitos Whole Kernel Corn Mixed Green Salad/Ranch Peach & Pinto Salad Lemon Berry Freeze Watermelon or Kiwi (Seasonal)	Breaded Chicken Sandwich Wedge Fries Lettuce & Tomato Trimmings Celery Sticks & Baby Carrots/ Dip Fresh Orange Slices Chilled Applesauce	Crispy Beef Tacos w/ Spanish Rice Seasoned Pinto Beans Shredded Lettuce w/Tomatoes Cucumber Slices w/Chili Lime Chilled Sliced Pears Fresh Strawberries	Steak Fingers Homemade Roll Mashed Potatoes Steamed Broccoli Crispy Carrots Chilled Fruit Cocktail Fresh Banana	Sweet Asian Chicken w/Fried Rice Stir Fry Vegetables Sweet Peas Tossed Salad/Ranch Chilled Mandarin Oranges Fresh Apple
Week 3: 9/5, 10-3, 10/31, 11/2, 1/16, 2/13, 3/20, 4/17,5/15				
Hamburger Spicy Hashbrowns Baby Carrots & Grape Tomatoes Lettuce & Tomato Trimmings Pineapple Tidbits Fresh Orange Slices	Chicken Nuggets w/Corbread Baked Beans California Vegetables Cucumber Slices w/Chili Lime Fresh Strawberries Chilled Sliced Pears	Beef & Cheese Nachos Seasoned Pinto Beans Crispy Carrots/Dip Tossed Salad w/Ranch Raw Vegetable Medley/Dip Chilled Fruit Cocktail Fresh Banana	Boneless BBQ Chicken Bites w/Homemade Rolls Sweet Potato Fries Broccoli w/Cheese Sauce Crispy Carrots Sliced Apple Wedges Chilled Diced Peaches	Chili Pie Whole Kernel Corn Mixed Green Salad/Ranch Celery Sticks & Grape Tomatoes Chilled Applesauce Fresh Seedless Grapes
Week 4: 9/12, 10/10, 11/7, 12/12,1/23, 2/20,3/27,4/24,5/22				
Chicken Tenders Homemade Roll Mashed Potatoes Seasoned Spinach Peach & Pinto Salad Apple & Orange Wedges Chilled Sliced Peaches	Meat Lovers Stromboli w/Marinara Dipping Sauce Savory Green Beans Crispy Carrots Mixed Green Salad/Ranch Watermelon or Kiwi(Seasonal) Chilled Applesauce	Cheese Enchiladas w/ or w/o Chili Spanish Rice Seasoned Pinto Beans Baby Carrots & Grape Tomatoes Cucumber Slices w/Chili Lime Fresh Seedless Grapes Chilled Pineapple Tidbits	Chicken Teriyaki w/Fried Rice Stir Fry Vegetables Celery Sticks & Grape Tomatoes Tossed Salad/Ranch Cherry Freeze Fresh Banana	Breaded Chicken Sandwich Tater Tots Baked Beans Lettuce & Tomato Trimmings Mandarin Orange Slices Fresh Apple

Meal Prices 2016-2017	
Student Breakfast	\$1.00
Student Reduced Price Breakfast	\$0.30
Adult/Guest Breakfast	\$2.10
Student Lunch	\$2.50
Student Reduced Price Lunch	\$0.40
Adult/Guest Lunch	\$3.25

Chicken Chef Salad: Monday, Wednesday, Friday

Crispy Chicken Salad: Tuesday & Thursday

Yogurt Combo: Monday– Friday

Breakfast Menu Rotation

Week 1: 8/22, 9/19, 10/17, 11/14, 12/19, 1/4, 1/30, 2/27, 4/3,5/1, 5/29

Sausage Cheese Flatbread * OR Apple Nutrigrain & Cereal	Chicken & Waffles OR Strawberry Pop Tart & Cereal	Sausage & Biscuit OR Pan Dulce*	Cinnamon Roll* OR Strawberry Nutrigrain Bar & Cereal	Bean & Cheese Taco * OR Cinnamon Toast Bar & Cereal
---------------------------------------------------------------	---------------------------------------------------------	---------------------------------------	------------------------------------------------------------	-----------------------------------------------------------

Week 2: 8/29, 9/26, 10/24,11/28,1/9, 2/6, 3/6, 4/10, 5/8

Mini Pancakes * OR Brown Sugar Pop Tart & Cereal	Blueberry Muffin & Yogurt OR Pan Dulce*	Chicken & Biscuit OR Apple Nutrigrain Bar & Cereal	Dutch Waffle OR Strawberry Pop Tart & Cereal	Pancake & Sausage Wrap* OR Strawberry Nutrigrain Bar & Cereal
--------------------------------------------------------	-----------------------------------------------	----------------------------------------------------------	----------------------------------------------------	---------------------------------------------------------------------

Week 3: 9/5, 10-3, 10/31, 11/2, 1/16, 2/13, 3/20, 4/17,5/15

Sausage Kolache* OR Cinnamon Toast Bar & Cereal	Mini Pancakes * OR Brown Sugar Pop Tart & Cereal	Sausage & Biscuit OR Pan Dulce*	Cinnamon Roll* OR Strawberry Pop Tart & Cereal	Sausage Cheese Flatbread * OR Apple Nutri rain Bar & Cereal
-------------------------------------------------------	--------------------------------------------------------	---------------------------------------	------------------------------------------------------	-------------------------------------------------------------------

Week 4: 9/12, 10/10, 11/7, 12/12,1/23, 2/20,3/27,4/24,5/22

Pancake & Sausage Wrap* OR Strawberry Nutrigrain Bar & Cereal	Potato & Egg Taco OR Cinnamon Toast Bar & Cereal	Chicken & Biscuit OR Brown Sugar Pop Tart & Cereal	Cinnamon Twist & Yogurt OR Apple Turnover & Cereal	French Toast Sticks OR Strawberry Pop Tart & Cereal
---------------------------------------------------------------------	--------------------------------------------------------	----------------------------------------------------------	----------------------------------------------------------	-----------------------------------------------------------

Available Daily at Breakfast

Chilled & fresh fruits, chilled juice and a variety of milk.

Breakfast includes two entrée choices plus one fruit, one juice and milk. *Starred breakfast entrees count as two items: Bean & Cheese Tacos Cinnamon Roll, Dutch Waffle, Egg, Cheese & Ham Slider, Flatbreads, Mini Pancakes Pancake & Sausage Wrap, Pan Dulce, Potato & Egg Taco and Sausage Kolache

Breakfast includes a choice of skim white, chocolate, strawberry milk. Additional milk choices include low-fat white, lactose free white & chocolate soy milk.

Students must select a minimum of one fruit or juice and two additional items with their breakfast.



Contains Pork
Meat Lovers Stromboli
Pancake Sausage Wrap
Pepperoni Pizza
Seasoned Pinto Beans



Meatless Entrées
Cheese Nachos
Cheese Pizza
Cheese Enchiladas
Pizza Cheese Sticks
Pasta w/Marinara Sauce
Yogurt Combo