

National Salad Month!

MAY

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sausage & Cheese Flatbread* Chicken Nuggets OR Baked Potato w/Cheese Homemade Roll Mashed Potatoes Broccoli w/Cheese Sauce Celery Sticks & Baby Carrots w/Dip Chilled Fruit Cocktail Seedless Grapes	2 Chicken & Waffles Spaghetti w/Meat Sauce OR Spaghetti w/Marinara Sauce Garlic Bread Seasoned Spinach Tossed Salad w/Ranch Dressing Crispy Carrots w/Dip Chilled Sliced Pears Fresh Strawberries	3 Sausage & Biscuit Beef & Cheese Nachos OR Cheese Nachos Seasoned Pinto Beans Whole Kernel Corn Baby Carrots and Grape Tomatoes w/Dip Sliced Apple Wedges Chilled Diced Peaches	4 Cinnamon Roll* Pepperoni Pizza OR Cheese Pizza Roasted Vegetables Cucumber Slices w/Chili Lime Mixed Green Salad w/Ranch Orange Smiles Pineapple Tidbits	5 Fun Food Friday: Strawberry Kiwi Water Bean & Cheese Taco* Breaded Chicken/Wheat Bun OR Macaroni & Cheese Tater Tots Lettuce & Tomato Trimmings Celery Sticks and Grape Tomatoes w/Dip Chilled Sliced Peaches Apple & Orange Wedges
8 French Toast Sticks w/Syrup Chicken Teriyaki w/Fried Rice OR Toasted Cheese Sandwich Stir Fry Vegetables Sweet Peas Tossed Salad w/Ranch Dressing Mandarin Orange Slices Fresh Apple	9 Blueberry Muffin & Yogurt Mozzarella Breadsticks w/Marinara OR Hot Dog Savory Green Beans Mixed Green Salad w/Ranch Raw Veggie Medley w/Dip Fresh Watermelon Chilled Applesauce	10 Chicken & Biscuit Crispy Beef Tacos w/Spanish Rice OR Yogurt, Granola, Chips Seasoned Pinto Beans Shredded Lettuce and Diced Tomatoes Cucumber Slices w/Chili Lime Chilled Sliced Pears Fresh Strawberries	11 Dutch Waffle* Steak Fingers OR Baked Potato w/Cheese Homemade Roll Mashed Potatoes Steamed Broccoli Crispy Carrots w/Dip Chilled Fruit Cocktail Fresh Banana	12 Pancake & Sausage Wrap* Hamburger/Wheat Bun OR Cheese Bagel Bites Sweet Potato Fries Lettuce & Tomato Trimmings Celery Sticks & Baby Carrots/Dip Lemon Berry Freeze Orange Smiles
15 Sausage Kolache* Cheese Ravioli w/Cheese Bread OR Corn Dog Tator Tots Baby Carrots and Grape Tomatoes w/Dip Mixed Green Salad w/Ranch Chilled Pineapple Tidbits Orange Smiles	16 Potato & Egg Taco* Chicken Nuggets w/Homemade Roll OR Yogurt, Granola & Chips Mashed Potatoes Broccoli w/Cheese Sauce Crispy Carrots w/Dip Fresh Strawberries Chilled Sliced Pears	17 Sausage & Biscuit Cheese Enchiladas w/ or w/o Chili and Spanish Rice OR Chicken Tamales Seasoned Pinto Beans Tossed Salad w/Ranch Raw Vegetable Medley w/Dip Chilled Fruit Cocktail Fresh Banana	18 Cinnamon Roll* BBQ Chicken Bites OR Baked Potato w/Cheese Cornbread Baked Beans California Vegetables Cucumber and Jicama w/Chili Lime Sliced Apple Wedges Chilled Diced Peaches	19 Waffles w/Syrup Chili Pie OR Macaroni & Cheese Entree Whole Kernel Corn Mixed Green Salad w/Ranch Celery Sticks and Grape Tomatoes w/Dip Chilled Fruit
22 Manager's Choice Chicken Tenders OR Baked Potato w/Cheese Homemade Rolls Mashed Potatoes Seasoned Spinach Crispy Carrots w/Dip Chilled Fruit	23 Manager's Choice Mozzarella Breadsticks w/Marinara OR Pepperoni Pizza Bites w/Marinara Sauce California Vegetables Fresh Veggie Chilled Fruit	24 Last Day of School! Cereal & Breakfast Bar Beef & Cheese Nachos OR Cheese Nachos Seasoned Pinto Beans Fresh Veggie Chilled Fruit	25 Have a Safe, Happy Healthy Summer Vacation!	26

May is National Salad Month!

The word "salad" comes from the Latin sal (salt, with the adjective salatus, salted).

Ancient Romans ate an early version of coleslaw.

Thousand Island dressing is named after the Thousand Islands that lay across the USA and Canada border on the St. Lawrence River. The dressing's creator was from this region.

Meal Prices:

Student Breakfast	\$1.00
Student Reduced Breakfast	.30
Adult/Guest Breakfast	2.10
Student Lunch	\$2.20
Student Reduced Lunch	.40
Adult/Guest Lunch	3.25



Follow our department Facebook page for updates and healthy tips:
facebook.com/NEISDSNS

MAY

Fun Food Friday will be May 5, featuring Strawberry Kiwi Water

WHEN THE SCHOOL YEAR ENDS SUMMER MEALS BEGIN!

Our children need nutritious meals to learn, grow and thrive - even when school is out. With the Summer Food Service Program, children and teens ages 18 and younger can continue to eat healthy throughout the summer at no cost, just by showing up at a participating meal site.



Starting June 1, to find a nearby meal site and hours of operation:

- Call 211
- Text FOODTX to 877-877
- Visit SummerFood.org, or
- Visit www.neisd.net for sites within North East ISD

No form of identification is required, kids simply show up to eat.

The Summer Food Service Program is administered by the Texas Department of Agriculture.

Breakfast includes a choice of 2 entrée items, 1 fresh or chilled canned fruit, 1 juice, and choice of milk. Cereal & pastries are available as alternate breakfast entrées. *Starred breakfast entrées count as two items, which are: Potato Egg Taco, Dutch Waffle, Bean & Cheese Taco, Cinnamon Roll, Flatbreads, Pancake Sausage Wrap, Pan Dulce, Mini Pancake and Sausage Kolache.

K-5 student lunch includes a choice of 1 entrée with a grain, 2 vegetable choices, 1 fruit choice and choice of milk. Pre-Kindergarten lunch includes a choice of 1 entrée with a grain, 1 vegetable choice, 1 fruit choice and choice of Milk.

An Entrée Size Salad with a choice of 1 vegetable choice, 1 fruit choice and milk is available daily at lunch.

Milk choices: fat free white, 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.



Meatless Entrees:

Baked Potato w/Cheese
Bean & Cheese Taco
Cheese Bagel Bites
Cheese Tamales
Cheese Nachos
Cheese Pizza
Cheese Ravioli
Macaroni & Cheese
Pizza Cheese Sticks w/Sauce



These Items Contain Pork:

Italian Chef Salad
Seasoned Pinto Beans
Pancake Sausage Wrap
Pepperoni Pizza Bites
Pepperoni Pizza
Breakfast Sausage Patty

Daily Salad Offerings:

Monday: Farm Fresh Salad
Tuesday: Italian Salad
Wednesday: Crispy Chicken Salad
Thursday: Chicken & Cheese Salad
Friday: Farm Fresh Salad

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.

**NEISD Elementary
Lunch Menu**