

APRIL



Monday

Tuesday

Wednesday

Thursday

Friday

April is National Garden Month!

The first garden hoses were made around 400 BC, out of ox gut. The first European garden hose was made in 1672, in Amsterdam, and was made of leather.

The first wheelbarrow was invented by Chuko Liang, a Chinese general, in 231 AD, for use by his troops in moving supplies through muddy soil. The earliest picture of a wheelbarrow was in a stained glass window in the Chartres Cathedral, in France, dating to 1220 AD.

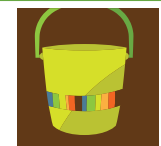
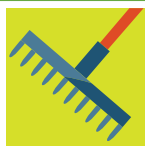
Meal Prices:

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



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<p>3</p> <p>Sausage & Cheese Flatbread*</p> <p>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</p>	<p>4</p> <p>Chicken & Waffles</p> <p>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</p>	<p>5</p> <p>Sausage & Biscuit</p> <p>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</p>	<p>6</p> <p>Cinnamon Roll*</p> <p>Pepperoni Pizza OR Cheese Pizza Roasted Vegetables Sweet Peas Mixed Green Salad w/Ranch Orange Smiles Pineapple Tidbits</p>	<p>7 Fun Food Friday: Melon Salad</p> <p>Bean and Cheese Taco*</p> <p>Breaded Chicken/Wheat Bun OR Macaroni & Cheese Spicy Hashbrowns Lettuce & Tomato Trimmings Celery Sticks and Grape Tomatoes w/Dip Chilled Sliced Peaches Apple & Orange Wedges</p>
<p>10</p> <p>French Toast Sticks w/Syrup</p> <p>Mozzarella Breadsticks w/Marinara OR Corn Dog Savory Green Beans Mixed Green Salad w/Ranch Raw Veggie Medley w/Dip Lemon Berry Freeze Fresh Watermelon</p>	<p>11</p> <p>Blueberry Muffin and Yogurt</p> <p>Hamburger/Wheat Bun OR Cheese Bagel Bites Wedge Fries Lettuce & Tomato Trimmings Celery Sticks and Baby Carrots w/Dip Orange Smiles Chilled Applesauce</p>	<p>12</p> <p>Chicken & Biscuit</p> <p>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</p>	<p>13</p> <p>Dutch Waffle*</p> <p>Steak Fingers OR Baked Potato w/Cheese Homemade Roll Mashed Potatoes Steamed Broccoli Crispy Carrots w/Dip Fresh Apple</p>	<p>14</p> <p>Good Friday Holiday</p>
<p>17</p> <p>Sausage Kolache*</p> <p>Mini Beef Slider Burgers OR Stuffed Crust Cheese Pizza Spicy Hash Browns Baby Carrots and Grape Tomatoes w/Dip Mixed Green Salad w/Ranch Chilled Pineapple Tidbits Orange Smiles</p>	<p>18</p> <p>Potato & Egg Taco*</p> <p>Chicken Nuggets w/Cornbread OR Yogurt, Granola & Chips Baked Beans Broccoli w/Cheese Sauce Crispy Carrots w/Dip Fresh Strawberries Chilled Sliced Pears</p>	<p>19</p> <p>Sausage & Biscuit</p> <p>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</p>	<p>20</p> <p>Cinnamon Roll*</p> <p>BBQ Chicken Bites OR Baked Potato w/Cheese Homemade Roll Sweet Potato Fries California Vegetables Cucumber and Jicama w/Chili Lime Sliced Apple Wedges Chilled Diced Peaches</p>	<p>21</p> <p>Waffles w/Syrup</p> <p>Chili Pie OR Toasted Cheese Sandwich Whole Kernel Corn Mixed Green Salad w/Ranch Celery Sticks and Grape Tomatoes w/Dip Chilled Applesauce Fresh Seedless Grapes</p>
<p>24</p> <p>Pancake & Sausage Wrap*</p> <p>Chicken Tenders OR Baked Potato w/Cheese Homemade Rolls Mashed Potatoes Seasoned Spinach Raw Vegetable Medley w/Dip Fresh Watermelon Chilled Sliced Peaches</p>	<p>25</p> <p>Mini Pancakes*</p> <p>Cheese Ravioli w/Cheese Bread OR Pepperoni Pizza Bites w/Marinara Sauce Ranch Style Beans Crispy Carrots w/Dip Mixed Green Salad w/Ranch Fresh Seedless Grapes Pineapple Tidbits</p>	<p>26</p> <p>Chicken & Biscuit</p> <p>Chicken Taquitos w/Cheese Sauce OR Bean & Cheese Tacos Savory Green Beans Baby Carrots and Grape Tomatoes w/Dip Cucumber Slices w/Chili Lime Fresh Banana Chilled Applesauce</p>	<p>27</p> <p>Sausage Kolache*</p> <p>Chicken Teriyaki w/Fried Rice OR Yogurt, Granola & Chips Stir Fry Vegetables Whole Kernel Corn Tossed Salad w/Ranch Dressing Cherry Freeze Apple & Orange Wedges</p>	<p>28</p> <p>Battle of Flowers</p>





APRIL



Fun Food Friday will be April 7, featuring Melon Salad with locally grown melons!

Fun Fact: Did you know that cantaloupe and honeydew are related to pumpkins!

MY SCHOOL BUCKS

NEISD School Nutrition Services Department is offering online prepayments for your child's meal account by accessing www.myschoolbucks.com
Information needed to access: student's name and ID number and birth date.

A fee of \$1.95 is charged for each transaction.

Daily Salad Offerings:

Monday: Farm Fresh Salad

Tuesday: Italian Salad

Wednesday: Crispy Chicken Salad

Thursday: Chicken & Cheese Salad

Friday: Italian Salad

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 entree 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

GO, SLOW, WHOA

GO Foods contain the lowest amount of fat. **GO Foods** should be eaten more often than **SLOW** or **WHOA Foods**.

SLOW Foods

SLOW foods are higher in fat than **GO foods** and lower in fat than **WHOA foods**. **SLOW foods** should be eaten less often than **GO foods** and more often than **WHOA foods**.

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



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

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

