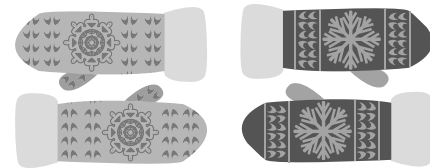
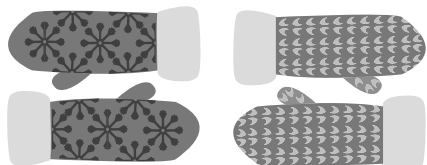
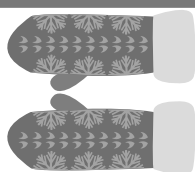


# JANUARY

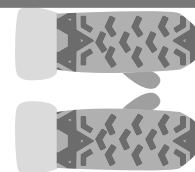
Menu subject to change

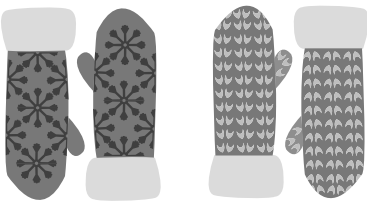


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Happy New Year! Welcome Back!</b></p>	<p>3</p>	<p>4</p>	<p>5</p> <p>Sausage Cheese Flatbread*</p> <p>Pepperoni Pizza OR Cheese Pizza Roasted Vegetables Sweet Peas Mixed Green Salad w/Ranch Seasonal Fruit Choice Pineapple Tidbits</p>	<p>6</p> <p>Bean and Cheese Taco*</p> <p>Breaded Chicken/Wheat Bun OR Macaroni &amp; Cheese Spicy Hashbrowns Lettuce &amp; Tomato Trimmings Celery Sticks and Grape Tomatoes w/Dip Chilled Sliced Peaches Seasonal Fruit Choice</p>
<p>9</p> <p>French Toast Sticks w/Syrup</p> <p>Cheese Ravioli w/Cheese Bread OR Corn Dog Savory Green Beans Mixed Green Salad w/Ranch Raw Veggie Medley w/Dip Lemon Berry Freeze Fresh Kiwi</p>	<p>10</p> <p>Blueberry Muffin and Yogurt</p> <p>Hamburger/Wheat Bun OR Cheese Bagel Bites Wedge Fries Lettuce &amp; Tomato Trimmings Celery Sticks and Baby Carrots w/Dip Orange Smiles Chilled Applesauce</p>	<p>11</p> <p>Chicken &amp; 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>12</p> <p>Dutch Waffle*</p> <p>Steak Fingers OR Baked Potato w/Cheese Homemade Roll Mashed Potatoes Steamed Broccoli Crispy Carrots w/Dip Fresh Banana Fruit Cocktail</p>	<p>13</p> <p>Fun Food Friday: Butternut Squash Soup</p> <p>Pancake and Sausage Wrap*</p> <p>Sweet Asian Chicken w/Fried Rice OR Toasted Cheese Sandwich Stir Fry Vegetables Sweet Peas Tossed Salad w/Ranch Dressing Mandarin Orange Slices Fresh Apple</p>
<p>16</p> <p>Martin Luther King, Jr Day</p> 	<p>17</p> <p>Potato &amp; Egg Taco*</p> <p>Chicken Nuggets w/Cornbread OR Yogurt, Granola &amp; Chips Baked Beans Broccoli w/Cheese Sauce Crispy Carrots w/Dip Orange Smiles Chilled Sliced Pears</p>	<p>18</p> <p>Sausage &amp; 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 Sliced Apple Wedges</p>	<p>19</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 Fresh Banana</p>	<p>20</p> <p>Sausage &amp; Gravy Flatbread*</p> <p>Chili Pie</p> <p>OR Macaroni &amp; Cheese Entrée Whole Kernel Corn Mixed Green Salad w/Ranch Celery Sticks and Grape Tomatoes w/Dip Chilled Applesauce Fresh Seedless Grapes</p>
<p>23</p> <p>Pancake and Sausage Wrap*</p> <p>Chicken Tenders OR Baked Potato w/Cheese Homemade Roll Mashed Potatoes Seasoned Spinach Raw Vegetable Medley w/Dip Apple &amp; Orange Wedges Chilled Sliced Peaches</p>	<p>24</p> <p>Mini Pancakes*</p> <p>Pizza Cheese Sticks w/Marinara Sauce OR Pepperoni Pizza Bites w/Marinara Sauce Ranch Style Beans Crispy Carrots w/Dip Mixed Green Salad w/Ranch Fresh Kiwi Chilled Applesauce</p>	<p>25</p> <p>Chicken &amp; Biscuit</p> <p>Chicken Taquitos w/Cheese Sauce OR Bean &amp; Cheese Tacos Savory Green Beans Baby Carrots and Grape Tomatoes w/Dip Cucumber Slices w/Chili Lime Fresh Seedless Grapes Chilled Pineapple Tidbits</p>	<p>26</p> <p>Cheese Quesadilla</p> <p>Chicken Teriyaki w/Fried Rice OR Yogurt, Granola &amp; Chips Stir Fry Vegetables Whole Kernel Corn Tossed Salad w/Ranch Dressing Cherry Freeze Fresh Banana</p>	<p>27</p> <p>French Toast Sticks w/Syrup</p> <p>Hot Dog OR Stuffed Crust Cheese Pizza Tater Tots Baked Beans Celery Sticks and Grape Tomatoes/Dip Chilled Mandarin Oranges Fresh Apple</p>
<p>30</p> <p>Sausage and Cheese Flatbread*</p> <p>Chicken Nuggets OR Baked Potato w/Cheese Homemade Rolls Mashed Potatoes Broccoli w/Cheese Sauce Celery Sticks and Baby Carrots w/Dip Chilled Applesauce Seedless Grapes</p>	<p>31</p> <p>Chicken and 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> <b>Frisbee Introduced: 60th Anniversary</b></p> <p>Legend has it that in the 1930s Yale University students tossed pie tins from the Frisbee Baking Company of Bridgeport, CT. The first plastic flying disc was sold by the Wham-O Company on January 13, 1957, and was called the "Pluto Platter," for its resemblance to a UFO. A year later it was renamed the Frisbee. More than 100 million Frisbees have been sold.</p>		
				<p><b>Meal Prices:</b></p> <p>Student Breakfast \$1.00 Student Reduced Breakfast .30 Adult/Guest Breakfast 2.10</p> <p>Student Lunch \$2.20 Student Reduced Lunch .40 Adult/Guest Lunch 3.25</p>
				<p> Follow our department Facebook page for updates and healthy tips: <a href="https://facebook.com/NEISDSNS">facebook.com/NEISDSNS</a></p>

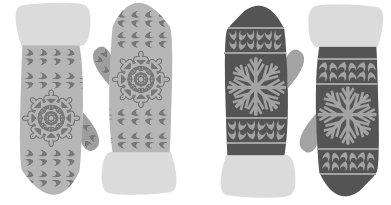


# NEISD Elementary Menu





# JANUARY



## Our Fun Food Friday is January 13, featuring Butternut Squash Soup

### MY SCHOOL BUCKS

NEISD School Nutrition Services Department is offering online prepayments for your child's meal account by accessing [www.myschoolbucks.com](http://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 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

### 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.

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 Menu

