



CASTLE HILLS ELEMENTARY AUGUST 2008

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 4 Chicken Fried Steak w/Gravy Whole Grain Roll Plus a choice of 3 Mashed Potatoes Mixed Vegetables Chilled Mandarin Oranges Canned & Fresh Seasonal Fruit | 5 Pizza Cheese Sticks w/ Dipping Sauce Foccacia Bread Stick Plus a choice of 3 California Vegetables Cut Green Beans Gelatin w/Pears Canned & Fresh Seasonal Fruit | 6 Crispy Beef Tacos Spanish Rice Plus a choice of 3 Seasoned Pinto Beans Lettuce, Tomato & Cheese Chilled Peach Slices Canned & Fresh Seasonal Fruit | 7 Cheese Pizza Hot Garlic Bread Plus a choice of 3 Whole Kernel Corn Celery w/ Peanut Butter Frozen Juice Bar Canned & Fresh Seasonal Fruit | 8 Corn Dog Macaroni & Cheese Plus a choice of 3 Crispy Fries Tossed Salad w/Ranch Dressing Fresh Seedless Grapes Canned & Fresh Seasonal Fruit |
| Baked Potato w/ Cheese & Roll Choice of 2 Fruits or Vegetables | Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable | Yogurt Plate Choice of 3 Fruits or Vegetables | Ham Chef Salad w/Crackers Choice of 1 Fruit or Vegetable | Ham Wrap w/Pickle Spear Choice of 2 Fruits or Vegetables |
| 11 Chicken Nuggets w/Gravy Whole Grain Roll Plus a choice of 3 Ranch Style Beans Dill Pickle Cinnamon Apples Canned & Fresh Seasonal Fruit | 12 Spaghetti w/Meat Sauce Hot Garlic Bread Plus a choice of 3 Oriental Style Vegetables Mixed Green Salad w/ Dressing Hot Peach Crisp Canned & Fresh Seasonal Fruit | 13 Cheese Enchiladas w/Chili Spanish Rice Plus a choice of 3 Seasoned Pinto Beans Raw Vegetable Medley w/ Dip Chilled Applesauce Canned & Fresh Seasonal Fruit | 14 Pepperoni Pizza Hot Garlic Bread Plus a choice of 3 Savory Green Peas Steamed Broccoli Fresh Strawberries Canned & Fresh Seasonal Fruit | 15 Grilled Chicken on Wheat Bun Plus a choice of 3 Tater Tots Lettuce, Tomato & Pickles Chilled Pineapple Tidbits Canned & Fresh Seasonal Fruit |
| Baked Potato w/ Cheese & Bread Stick Choice of 2 Fruits or Vegetables | Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable | Yogurt Plate Choice of 3 Fruits or Vegetables | Chicken BLT Salad w/Crackers Choice of 1 Fruit or Vegetable | Turkey Wrap w/Pickle Spear Choice of 2 Fruits or Vegetables |
| 18 Steak Fingers w/Gravy Whole Grain Roll Plus a choice of 3 Mashed Potatoes Cut Green Beans Fresh Orange Smiles Canned & Fresh Seasonal Fruit | 19 Breaded Chicken on Wheat Bun Plus a choice of 3 Spicy Hash Browns Lettuce, Tomato & Pickles Frozen Juice Bar Canned & Fresh Seasonal Fruit | 20 Bean & Cheese Chalupas Plus a choice of 3 Corn on the Cob Lettuce & Tomato Gelatin w/Mixed Fruit Canned & Fresh Seasonal Fruit | 21 Cheese Pizza Hot Garlic Bread Plus a choice of 3 Mixed Vegetables Crispy Raw Carrots w/ Dip Fresh Banana Canned & Fresh Seasonal Fruit | 22 Hot Dog on a Wheat Bun Plus a choice of 3 Baked Beans Tossed Salad w/Ranch Dressing Fresh Apple Wedges Canned & Fresh Seasonal Fruit |
| Baked Potato w/ Cheese & TX Toast Choice of 2 Fruits or Vegetables | Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable | Yogurt Plate Choice of 3 Fruits or Vegetables | Chicken Chef Salad w/Crackers Choice of 1 Fruit or Vegetable | Ham Wrap w/Pickle Spear Choice of 2 Fruits or Vegetables |
| 25 Chicken Tenders w/ Gravy Whole Grain Roll Plus a choice of 3 Mashed Potatoes Oriental Vegetable Blend Chilled Peach Slices Canned & Fresh Seasonal Fruit | 26 Corn Dog Plus a choice of 3 Tater Tots Dill Pickle Gelatin w/Pears Canned & Fresh Seasonal Fruit | 27 Beef & Cheese Nachos Plus a choice of 3 Seasoned Pinto Beans Crispy Carrots w/ Dip Fresh Watermelon Chunks Canned & Fresh Seasonal Fruit | 28 Pepperoni Pizza Hot Garlic Bread Plus a choice of 3 Cut Green Beans Tossed Salad w/Ranch Dressing Chilled Applesauce Canned & Fresh Seasonal Fruit | 29 Pizza Cheese Sticks w/Dipping Sauce Foccacia Bread Plus a choice of 3 Whole Kernel Corn CelerySticks Fresh Orange Smiles Canned & Fresh Seasonal Fruit |
| Baked Potato w/ Cheese & Roll Choice of 2 Fruits or Vegetables | Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable | Yogurt Plate Choice of 3 Fruits or Vegetables | Chicken BLT Salad w/Crackers Choice of 1 Fruit or Vegetable | Turkey Wrap w/Pickle Spear Choice of 2 Fruits or Vegetables |

NEISD School Nutrition Services Department is now offering online prepayments for your child's cafeteria meal account by accessing 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 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 4 Breakfast Pizza plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 5 Yogurt & Toast plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 6 Waffle Sticks w/ Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 7 Biscuit & Chicken plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 8 Bacon & Egg or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit |
| 11 French Toast Sticks w/ Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 12 Biscuit & Sausage plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 13 Breakfast Pizza plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 14 Blueberry Muffins plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 15 Cinnamon Roll plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit |
| 18 Top Your Toast plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 19 Sausage Kolache plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 20 Biscuit & Chicken plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 21 Pancakes w/Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 22 Potato & Egg or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit |
| 25 Blueberry Muffins plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 26 Biscuit & Sausage plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 27 Breakfast Scramble plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 28 Cinnamon Roll plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit | 29 French Toast Sticks w/Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit |

| AVERAGE WEEKLY LUNCH NUTRITIONAL SUMMARY FOR AUGUST | | | | | |
|---|----------------|---------------|-------------------|-------------|------------------|
| Week of | Total Calories | Total Fat (g) | Saturated Fat (g) | Protein (g) | Carbohydrate (g) |
| Aug 4-8 | 580.73 | 24.06 | 7.84 | 31.00 | 95.82 |
| Aug 11-15 | 731.00 | 22.62 | 7.44 | 34.12 | 98.78 |
| Aug 18-22 | 695.92 | 21.78 | 6.66 | 31.68 | 100.54 |
| Aug 25-29 | 689.28 | 23.48 | 7.38 | 29.58 | 92.76 |

| | |
|-----------------------|--------|
| Student Breakfast | \$0.90 |
| Student Lunch | \$1.75 |
| Adult/Guest Breakfast | \$1.50 |
| Adult/Guest Lunch | \$3.00 |
| Reduced Breakfast | \$0.30 |
| Reduced Lunch | \$0.40 |

Breakfast and lunch include a choice of 1% lowfat milk, 1% lowfat chocolate milk, 1% lowfat strawberry milk and 2% white.

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

Students may choose a combination of any two breakfast entrée items.

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.

Menu items containing pork are:

Chicken BLT Salad, Pepperoni Pizza, Breakfast Pizza, Breakfast Sausage, Bacon & Egg Taco, Breakfast Scramble, Sausage Kolache

Menu items containing turkey are:

Corn Dogs, Ham Chef Salad, Ham & Cheese Lunch Muncher, Ham Wrap, Hot Dogs, Turkey Wrap,

Breakfast entrée items that equal 2 entrées are:

Breakfast Pizza, Breakfast Tacos, Cinnamon Roll, Sausage Kolache

Meatless Entrées:

Baked Potato w/Cheese, Bean & Cheese Chalupas, Bean & Cheese Tacos, Cheese Nachos, Cheese Enchiladas, Cheese Pizza, Pizza Cheese Sticks, Yogurt Plate



**Cafeteria Assistants
are needed throughout the
North East Independent
School District.
Starting Pay - \$9.15/hour
Apply at the
North East Education
Center,
8961 Tesoro Drive.**

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/ 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.