



LUNCH MENU

MIDDLE SCHOOL 2008

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|--|---|--|--|
| CAFÉ LINE 1 | Week 1 - 8/25, 9/15, 10/6, 10/29, 11/17, 12/15, 1/20, 2/9, 3/1, 3/30, 4/20, 5/11 | | | | |
| | Chicken Fried Steak Whole Grain Roll Plus choice of 3 Fruits & Vegetables | Meatball Sandwich Plus choice of 3 Fruits & Vegetables | Beef & Cheese Nachos Plus choice of 3 Fruits & Vegetables | Chicken Oriental Fried Rice Plus choice of 3 Fruits & Vegetables | Chili Cheese Hot Dog Plus choice of 3 Fruits & Vegetables |
| CAFÉ LINE 1 | Week 2 - 9/2, 9/22, 10/13, 11/7, 12/1, 1/5, 1/26, 2/17, 3/16, 4/6, 4/27, 5/18 | | | | |
| | Chicken Tenders Whole Grain Roll Plus choice of 3 Fruits & Vegetables | Pizza Cheese Sticks w/Foccacia Bread Plus choice of 3 Fruits & Vegetables | Crispy Beef Taco Spanish Rice Plus choice of 3 Fruits & Vegetables | Chili Cheese Potatoes Plus choice of 3 Fruits & Vegetables | Grilled Chicken on a Wheat Bun Plus choice of 3 Fruits & Vegetables |
| CAFÉ LINE 1 | Week 3 - 9/8, 9/29, 10/24, 11/10, 12/8, 1/12, 2/6, 2/23, 3/27, 4/14, 5/4, 5/26 | | | | |
| | Steak Fingers Whole Grain Roll Plus choice of 3 Fruits & Vegetables | Spaghetti w/Meat Sauce Hot Garlic Bread Plus choice of 3 Fruits & Vegetables | Cheese Enchiladas w/Chili Spanish Rice Plus choice of 3 Fruits & Vegetables | Corn Dog Macaroni & Cheese Plus choice of 3 Fruits & Vegetables | Spicy Chicken on a Wheat Bun Plus choice of 3 Fruits & Vegetables |
| FAVORITES LINE 2 | Fresh Made Pizza w/ Garlic Bread Plus choice of 3 Fruits & Vegetables | Chicken Nuggets w/Bread Plus choice of 3 Fruits & Vegetables | Breaded Chicken on a Wheat bun Plus choice of 3 Fruits & Vegetables | Fresh Made Pizza w/ Garlic Bread Plus choice of 3 Fruits & Vegetables | Hamburger on a Wheat Bun Plus choice of 3 Fruits & Vegetables |

Middle schools have 2 serving lines, "Café" & "Favorites". On the "Café" serving line a three week rotation of the main dish is served. On the "Favorites" line, the menu repeats every week. On both serving lines the following meals are also available: Salad To Go: Ham Chef Salad, Chicken Chef Salad, Chicken BLT Salad or Chicken & Mozzarella Salad plus a choice of 1 Fruit or Vegetable, Yogurt To Go: Yogurt, Pretzels, Fresh Fruit plus a choice of 2 Fruits or Vegetables, Wrap To Go: Ham & Cheese or Turkey & Cheese Wrap, Fresh Fruit plus choice a of 2 Fruits & Vegetables

BREAKFAST MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------|-----------------------------|-------------------|---------------------------|---------------------------|-------------------------------------|
| Wk 1 | Breakfast on A Bun | Pancakes w/ Syrup | Yogurt & Blueberry Muffin | Cinnamon Roll | Bacon & Egg or Bean & Cheese Taco |
| Wk 2 | French Toast Sticks w/Syrup | Chicken & Biscuit | Breakfast Pizza | Top Your Toast | Potato & Egg or Bean & Cheese Taco |
| Wk 3 | Breakfast Scramble | Sausage & Biscuit | Cinnamon Roll | Yogurt & Blueberry Muffin | Chorizo & Egg or Bean & Cheese Taco |

Breakfast includes entrée & choice of juice, fresh or chilled canned fruit. Cereal & toaster pastries are available as alternate breakfast entrees. Students may choose a combination of any two breakfast entrée items. Breakfast entrée items that equal 2 entrées are: Breakfast Pizza, Breakfast Tacos, Cinnamon Roll, Sausage Kolache.

Breakfast & lunch include a choice of 1% lowfat white milk, lowfat chocolate milk, lowfat strawberry milk, lowfat vanilla milk and 2% reduced fat white milk. 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 subject to change.



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.
Middle School Students are not permitted to run a negative balance on meal accounts.

Meal Prices

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|--------------------------------------|--------|
| Student Lunch..... | \$2.00 |
| Student Breakfast..... | \$0.95 |
| Adult/Guest Lunch..... | \$3.00 |
| Adult/Guest Breakfast..... | \$1.50 |
| Student Reduced Breakfast Price..... | \$0.30 |
| Student Reduced Lunch Price..... | \$0.40 |