





MIDDLE SCHOOL MARCH 2008

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets w/ Gravy Hot Wheat Roll Mashed Potatoes Savory Peas Chilled Peach Slices Canned & Seasonal Fresh Fruit	4 Chili Cheese Hot Dog Tator Tots Dill Pickle Watermelon Chunks Canned & Seasonal Fresh Fruit	5 Bean & Cheese Chalupas Whole Kernel Corn Lettuce & Tomato Gelatin w/Pears Canned & Seasonal Fresh Fruit	6 Cheese & Pepperoni Pizza Hot Garlic Bread Broccoli w/Cheese Tossed Salad w/Ranch Dressing Chilled Applesauce Canned & Seasonal Fresh Fruit	7 Italian Chicken Cutlet w/Pasta or Fish Filet Sandwich Hot Garlic Bread Cut Green Beans Celery w/Peanut Butter Fresh Orange Canned & Seasonal Fresh Fruit
Baked Potato w/ Cheese & Roll Choice of 2 Fruit or Vegetable	BLT Salad w/Crackers Choice of 1 Fruit or Vegetable	Turkey Wrap w/Fresh Fruit Choice of 2 Fruit or Vegetable	Baked Potato w/Cheese & Bread Choice of 2 Fruit or Vegetable	Chef Salad w/Crackers Choice of 1 Fruit & Vegetable
10 Corn Dog Macaroni & Cheese Baked Beans Mixed Vegetables Chilled Pear Half Canned & Seasonal Fresh Fruit	11 Pizza Cheese Sticks Foccacia Bread Stick California Vegetables Mixed Green Salad Fresh Strawberries Canned & Seasonal Fresh Fruit	12 Crispy Beef Tacos Spanish Rice Seasoned Pinto Beans Lettuce, Tomato & Cheese Chilled Fruit Cocktail Canned & Seasonal Fresh Fruit	13 Cheese & Pepperoni Pizza Hot Garlic Bread Corn on the Cob Raw Vegetable Medley w/Dip Fresh Seedless Grapes Canned & Seasonal Fresh Fruit	14 Breaded Chicken on Wheat Bun or Fish Filet Sandwich Spicy Hash Browns Lettuce, Tomato and Pickles Frozen Juice Bar Canned & Seasonal Fresh Fruit
Baked Potato w/ Cheese & TX Toast Choice of 2 Fruit or Vegetable	Chicken & Cheese Salad w/Crackers Choice of 1 Fruit & Vegetable	Ham Wrap w/Fresh Fruit Choice of 2 Fruit or Vegetable	Baked Potato w/ Cheese & Bread Choice of 2 Fruit or Vegetable	BLT Salad w/Crackers Choice of 1 Fruit & Vegetable
17	18 19 20 21 SPRING BREAK 			
24 Steak Fingers w/Gravy Hot Wheat Roll Mashed Potatoes Country Style Spinach Fresh Apple Canned & Seasonal Fresh Fruit	25 Grilled Chicken on Wheat Bun Crispy Fries Lettuce, Tomato and Pickles Chilled Mandarin Oranges Canned & Seasonal Fresh Fruit	26 Beef & Cheese Nachos Seasoned Pinto Beans Cut Green Beans Chilled Pineapple Tidbits Canned & Seasonal Fresh Fruit	27 Cheese & Pepperoni Pizza Hot Garlic Bread Savory Peas Tossed Salad w/Ranch Dressing Fresh Banana Canned & Seasonal Fresh Fruit	28 Spaghetti w/Meat Sauce Hot Garlic Bread Whole Kernel Corn Raw Vegetable Medley w/Dip Chilled Applesauce Canned & Seasonal Fresh Fruit
Baked Potato w/ Cheese & Roll Choice of 2 Fruit or Vegetable	Chef Salad w/Crackers Choice of 1 Fruit or Vegetable	Turkey Wrap w/Fresh Fruit Choice of 2 Fruit or Vegetable	Baked Potato w/Cheese & Bread Choice of 2 Fruit or Vegetable	Chicken & Cheese Salad Choice of 1 Fruit or Vegetable
31 Teriyaki Chicken Fried Rice Oriental Vegetables Celery w/Peanut Butter Watermelon Chunks Canned & Seasonal Fresh Fruit	Here are a few facts about good nutrition to go along with the theme of National Nutrition Month: "It's a Matter of Fact!" <ul style="list-style-type: none"> <input type="checkbox"/> Balancing healthy eating with physical activity is the best way to manage your weight and improve wellness. <input type="checkbox"/> Read food labels! They are a quick and easy way to help you make healthy food choices. <input type="checkbox"/> Nutrient-rich foods like fruits, vegetables, and whole grain products are loaded with vitamins and minerals and tend to be low in calories. Choose them often. 			
Baked Potato w/ Cheese & TX Toast Choice of 2 Fruit or Vegetable				
Look for the School Nutrition Services March Nutrition Newsletter by clicking on http://www.neisd.net/foodserv/HTML/Nutritional%20Newsletter.html				



**Breakfast Menu
March 2008**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Waffle Sticks w/Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	4 Blueberry Muffin plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	5 Biscuit & Chicken plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	6 Cinnamon Roll plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	7 Egg & Potato or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
10 Breakfast Pizza plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	11 Pancakes 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 Top Your Toast plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	14 Egg & Bacon or Bean & Cheese Taco Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
17 SPRING BREAK 				
24 French Toast Sticks plus a choice of 1 Juice, Fresh Fruit, or Chilled Canned Fruit	25 Yogurt & Toast plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	26 Cinnamon Roll plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	27 Biscuit & Chicken plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	28 Egg & Chorizo Taco or Bean & Cheese plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
31 Sausage Kolache plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	Did you know that 75% of raisins are eaten at breakfast?! The word "raisins" comes from the Latin word "racemus" which means a cluster of grapes or berries.			

AVERAGE WEEKLY LUNCH NUTRITIONAL SUMMARY FOR MARCH					
Week of	Total Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)
March 3-7	753.66	25.36	8.44	34.98	104.02
March 10-14	749.22	24.46	8.74	34.94	105.90
March 17-21 SPRING BREAK					
March 24-28	784.02	22.86	8.18	37.26	108.20
March 31	865.30	33.80	10.20	31.90	113.50

Meal Prices
Student Breakfast - \$0.95
Student Lunch - \$2.00
Reduced Breakfast - \$0.30
Reduced Lunch - \$0.40
Guest Breakfast - \$1.50
Guest Lunch - \$3.00



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.

Returned checks may be recovered electronically along with the state allowed fee.

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

Breakfast includes entrée & choice of juice, fresh or chilled canned fruit. Cereal & toaster pastries are available 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.

Meatless Entrées:

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

Menu items containing pork are:

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

Menu items containing turkey are:

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

Breakfast entrée items that equal 2 entrées are:

Breakfast Pizza, Breakfast Tacos, Cinnamon Roll, Sausage Kolache

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 USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.