



North East ISD Middle School Menu

Build Your Own **SALAD BAR**
Available Daily

Prepay online at www.MyLunchMoney.com. A fee of \$1.95 is charged for each transaction.

	Monday	Tuesday	Wednesday	Thursday	Friday	
Savor the Flavor	Week 1: Aug 22 – 26, Sept 12 – 16, Oct 3 - 7, Oct 24 – 28, Nov 14 – 18, Dec 12 – 16, Jan 16 – 20, Feb 6 – 10, Feb 27 - March 2, March 26 - 30, April 16 – 20, May 7 – 11, May 28 - 30					
	Steak Fingers with Wheat Roll Chicken Nuggets with Wheat Roll	Chicken Parmigiana w/ Pasta with Garlic Bread Cheese 🍷 or Pepperoni 🍷 Pizza with Garlic Bread	Crispy Beef Tacos with Spanish Rice Beef &/or Cheese 🍷 Nachos with Spanish Rice	Meatball Sub Cheese 🍷 or Pepperoni 🍷 Pizza with Garlic Bread	Sweet Asian Chicken with Fried Rice Chicken Tenders with Wheat Roll	
	Week 2 : Aug 29 - Sept 2, Sept 19 - 23, Sept 20 – 24, Oct 10-14, Oct 31 - Nov 4, - 14, Nov 1 – 5, Nov 28 - Dec 2, Dec 19 - Jan 6 – 7, Jan 23 – 27, Feb 13 – 17, March 5 - 9, April 2 – 6, April 23 – 26, May 14 – 18					
	Chicken Fried Steak with Wheat Roll Chicken Nuggets with Wheat Roll	Spaghetti w/ Meat Sauce with Garlic Bread Cheese 🍷 or Pepperoni 🍷 Pizza with Garlic Bread	Cheese Enchiladas 🍷 & Chili with Spanish Rice Beef &/or Cheese 🍷 Nachos with Spanish Rice	Pizza Cheese Sticks 🍷 w/Marinara with Foccacia Bread Cheese 🍷 or Pepperoni 🍷 Pizza with Foccacia Bread	Spicy Tso Chicken with Fried Rice Chicken Tenders with Wheat Roll	
	Week 3: Sept 5 – 9, Sept 26 - 30, Oct 17 – 21, Nov 7 – 11, Dec 5 – 9, Jan 9 - 13, Jan 30 - Feb 3, Feb 20 – 24, March 19 - 23, April 9 – 13, April 30 - May 4, May 21 - 25					
	Beef Sliders Chicken Nuggets with Wheat Roll	Chicken Alfredo with Garlic Bread Cheese 🍷 or Pepperoni 🍷 Pizza with Garlic Bread	Beef & Bean Chalupas Beef &/or Cheese 🍷 Nachos	Chicken Pepperoni Pasta with Garlic Bread Cheese 🍷 or Pepperoni 🍷 Pizza with Garlic Bread	Chopped BBQ Sub Chicken Tenders with Wheat Roll	
The Grill	Hamburger/Cheeseburger Breaded Chicken Sandwich Spicy Chicken Sandwich Grilled Chicken & Cheese Sandwich Corndog Peanut Butter & Jelly Sandwich 🍷 Ham & Cheese Sandwich	Hamburger/Cheeseburger Breaded Chicken Sandwich Spicy Chicken Sandwich Black Bean Burger 🍷 Hot Dog Peanut Butter & Jelly Sandwich 🍷 Ham & Cheese Sandwich	Hamburger/Cheeseburger Breaded Chicken Sandwich Spicy Chicken Sandwich Grilled Chicken & Cheese Sandwich Corndog Peanut Butter & Jelly Sandwich 🍷 Ham & Cheese Sandwich	Hamburger/Cheeseburger Breaded Chicken Sandwich Spicy Chicken Sandwich Black Bean Burger 🍷 Hot Dog Peanut Butter & Jelly Sandwich 🍷 Ham & Cheese Sandwich	Hamburger/Cheeseburger Breaded Chicken Sandwich Spicy Chicken Sandwich Grilled Chicken & Cheese Sandwich Fish Sandwich Peanut Butter & Jelly Sandwich 🍷 Ham & Cheese Sandwich	
	All Lines	Chicken Chef Salad Spicy Chicken Wrap to Go Yogurt To Go 🍷	Chicken & Cheese Salad Ham & Cheese Wrap to Go Yogurt To Go 🍷	Chicken Chef Salad Grilled Chicken Wrap to Go Yogurt To Go 🍷	Chicken & Cheese Salad Breaded Chicken Wrap to Go Yogurt To Go 🍷	Chicken Chef Salad Variety of Wraps to Go Yogurt To Go 🍷

Middle schools have 2 serving lines; Savor the Flavor & The Grill. The Savor the Flavor serving line, a three week rotation of the main dish is served. The Grill line menu repeats every week. Students may choose 3 fruits & vegetables with entrees in The Grill or Savor the Flavor. On both serving lines the following meals are available: Salad To Go with 1 fruit or vegetable, Yogurt To Go: Yogurt, Pretzels & Fresh Fruit plus a choice of 2 fruits or vegetables, Wrap To Go: Wrap & Goldfish plus choice of 3 fruits & vegetables. Menu is subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	French Toast & Sausage	Cinnamon Roll	Sausage Kolache	Toast & Yogurt	Potato & Egg/Bean & Cheese Taco
Week 2	Pancakes & Sausage	Chicken & Biscuit	Breakfast Pizza 🍷	Blueberry Muffin & Yogurt	Breakfast on a Bun
Week 3	Waffle Sticks & Sausage	Cinnamon Roll	Pancake & Sausage Wrap	Chicken & Biscuit	Chorizo & Egg/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, Pancake & Sausage Wrap and Sausage Kolache. Breakfast & lunch include a choice of low fat white, skim white, chocolate or vanilla milk, lactose free skim milk & soy 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.

🍷 = Vegetarian Option 🍷 = Contains Pork

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Meal Prices

Student Breakfast	\$0.95
Student Reduced Breakfast	\$0.30
Guest Breakfast	\$1.60
Student Lunch	\$2.05
Student Reduced Lunch	\$0.40
Guest Lunch	\$3.10

Menu Items that Contain Pork Product

Bean & Cheese Taco, Breakfast Pizza,
Pepperoni Pizza, Chalupa

Meatless Entrées

Cheese Pizza, Cheese Nachos, Cheese Pizza Sticks, Yogurt to Go,
Peanut Butter & Jelly Sandwich, Black Bean Burger

View nutritional information at: www.neisd.net/foodserv/menus/HTML

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.



Build Your Own Salad Bar - New this school year!

Choose a variety of fresh vegetables, fruits, chicken, cheese, yogurt and more to create your own meal. Add an bottle of milk to make it a complete meal.

You may submit your application for free & reduced price meals online at:

www.neisd.net/foodserv/HTML/menus.html

Join us for breakfast and lunch this school year!

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 USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.