



PREKINDERGARTEN September 2008

Monday	Tuesday	Wednesday	Thursday	Friday
LABOR DAY STUDENT HOLIDAY	2 Chicken Nuggets Whole Grain Roll Plus a Choice of 2 Baked Beans Chilled Pear Half Canned & Fresh Seasonal Fruit	3 Crispy Beef Taco Spanish Rice Plus a Choice of 2 Seasoned Pinto Beans Chilled Fruit Cocktail Canned & Fresh Seasonal Fruit	4 Cheese Pizza Hot Garlic Bread Plus a Choice of 2 Corn on the Cob Fresh Seedless Grapes Canned & Fresh Seasonal Fruit	5 Hamburger on a Wheat Bun Plus a Choice of 2 Spicy Hash Browns Frozen Juice Bar Canned & Fresh Seasonal Fruit
	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable	Yogurt Plate Choice of 2 Fruits or Vegetables	Ham Chef Salad w/Crackers Choice of 1 Fruit or Vegetable	Ham Wrap w/Pickle Spear Choice of 1 Fruit or Vegetable
8 Steak Fingers w/Gravy Whole Grain Roll Plus a Choice of 2 Mashed Potatoes Fresh Apple Wedge Canned & Fresh Seasonal Fruit	9 Hot Dog on a Wheat Bun Macaroni & Cheese Plus a Choice of 2 Crispy Carrots w/ Dip Chilled Applesauce Canned & Fresh Seasonal Fruit	10 Cheese Enchilada w/Chili Spanish Rice Plus a Choice of 2 Seasoned Pinto Beans Chilled Pineapple Tidbits Canned & Fresh Seasonal Fruit	11 Pepperoni Pizza Hot Garlic Bread Plus a Choice of 2 Cut Green Beans Fresh Banana Canned & Fresh Seasonal Fruit	12 Grilled Chicken on Wheat Bun Plus a Choice of 2 Crispy Fries Chilled Mandarin Oranges Canned & Fresh Seasonal Fruit
Baked Potato w/ Cheese & Roll Choice of 1 Fruit or Vegetable	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable	Yogurt Plate Choice of 2 Fruits or Vegetables	Chicken BLT Salad w/Crackers Choice of 1 Fruit or Vegetable	Turkey Wrap w/Pickle Spear Choice of 1 Fruit or Vegetable
15 Pizza Cheese Sticks w/ Dipping Sauce Plus a Choice of 2 Cut Green Beans Watermelon Chunks Canned & Fresh Seasonal Fruit	16 Breaded Chicken on Wheat Bun Plus a Choice of 2 Spicy Hash Browns Gelatin w/Peaches Canned & Fresh Seasonal Fruit	17 Bean & Cheese Chalupa Spanish Rice Plus a Choice of 2 Mixed Vegetables Fresh Seedless Grapes Canned & Fresh Seasonal Fruit	18 Cheese Pizza Hot Garlic Bread Plus a Choice of 2 Dill Pickle Hot Apple Crisp Canned & Fresh Seasonal Fruit	19 Spaghetti w/Meat Sauce Plus a Choice of 2 Celery Sticks w/Peanut Butter Chilled Pear Half Canned & Fresh Seasonal Fruit
Baked Potato w/ Cheese & Roll Choice of 1 Fruit or Vegetable	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable	Yogurt Plate Choice of 2 Fruits or Vegetables	Chicken Chef Salad w/Crackers Choice of 1 Fruit or Vegetable	Ham Wrap w/Pickle Spear Choice of 1 Fruit or Vegetable
22 Chicken Tenders w/Gravy Whole Grain Roll Plus a Choice of 2 Mashed Potatoes Chilled Pineapple Tidbits Canned & Fresh Seasonal Fruit	23 Hamburger on a Wheat Bun Plus a Choice of 2 Tater Tots Fresh Orange Smiles Canned & Fresh Seasonal Fruit	24 Bean & Cheese Nachos Plus a Choice of 2 Seasoned Pinto Beans Applesauce Gelatin Canned & Fresh Seasonal Fruit	25 Pepperoni Pizza Hot Garlic Bread Plus a Choice of 2 Mixed Green Salad Fresh Banana Canned & Fresh Seasonal Fruit	26 Oriental Chicken Fried Rice Plus a Choice of 2 Crispy Carrots w/Dip Chilled Fruit Cocktail Canned & Fresh Seasonal Fruit
Baked Potato w/ Cheese & Roll Choice of 1 Fruit or Vegetable	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable	Yogurt Plate Choice of 2 Fruits or Vegetables	Chicken BLT Salad w/Crackers Choice of 1 Fruit or Vegetable	Turkey Wrap w/Pickle Spear Choice of 1 Fruit or Vegetable
29 Chicken Fried Steak w/Gravy Whole Grain Roll Plus a Choice of 2 Mashed Potatoes Chilled Mandarin Oranges Canned & Fresh Seasonal Fruit	30 Pizza Cheese Sticks w/ Dipping Sauce Plus a Choice of 2 Cut Green Beans Gelatin w/Pears Canned & Fresh Seasonal Fruit	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 		
Baked Potato w/ Cheese & Roll Choice of 1 Fruit or Vegetable	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable			

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY STUDENT HOLIDAY	2 Yogurt & Toast plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	3 Waffle Sticks w/ Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	4 Biscuit & Chicken plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	5 Egg & Bacon or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
8 French Toast Sticks w/ Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	9 Biscuit & Sausage 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 Blueberry Muffins plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	12 Cinnamon Roll plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
15 Top Your Toast plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	16 Sausage Kolache plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	17 Biscuit & Chicken plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	18 Pancakes w/ Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	19 Potato & Egg or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
22 Blueberry Muffins plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	23 Biscuit & Sausage plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	24 Breakfast Scramble plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	25 Cinnamon Roll plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	26 French Toast Sticks w/ Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
29 Breakfast Pizza plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	30 Yogurt & Toast plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit			

AVERAGE WEEKLY LUNCH NUTRITIONAL SUMMARY FOR SEPTEMBER					
Week of	Total Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)
Sept 2-5	588.83	16.68	4.75	28.80	85.73
Sept 8-12	643.44	20.58	6.98	29.84	87.92
Sept 15-19	602.50	17.00	5.38	27.72	87.16
Sept 22-26	632.38	19.38	6.26	31.08	85.62
Sept 29-30	669.45	21.95	7.25	29.10	93.70

Student Breakfast	\$0.90
Student Lunch	\$1.75
Guest Breakfast	\$1.50
Guest Lunch	\$3.00
Reduced Breakfast	\$0.30
Reduced Lunch	\$0.40

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.

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, Cheese Nachos, Cheese Enchiladas, Cheese Pizza, Pizza Cheese Sticks, Yogurt Plate



Cafeteria Assistants are needed throughout the North East Independent School District
Apply at: North East Education Center
8961 Tesoro Drive
or apply on line at www.neisd.net/employment
Starting Pay - \$9.15/hr.

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 employee.