### NEISD Elementary Menu

#### National School Breakfast Week is March 2 - 6!

**Spring Break**

**MARCH**

**NEISD Elementary Menu**

<table>
<thead>
<tr>
<th>WEEKDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2</strong></td>
<td>Dr. Seuss' Birthday</td>
<td>Brunch for Lunch</td>
<td>Lunch Box</td>
<td>Breakfast Sample</td>
<td>Cinnamon Dunkers</td>
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<tr>
<td></td>
<td>Green Eggs &amp; Ham Slider* or Banana Muffin</td>
<td>Sausage Kolache* or Nutrigrain Bar</td>
<td>Chicken &amp; Waffles or Yogurt &amp; Cheese Combo or Chicken &amp; Pepperoni Salad</td>
<td>Biscuit &amp; Sausage or Pan Dulce*</td>
<td>Cinnamon Dunkers or Sausage &amp; Cheese Flatbread*</td>
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<td></td>
<td>Frito Pie or Stuffed Crust Pizza or Egg &amp; Cheese Salad</td>
<td>Chicken &amp; Waffles or Yogurt &amp; Cheese Combo or Chicken &amp; Pepperoni Salad</td>
<td>Cheese Enchiladas w/Chili or Spanish Rice or Corn Dog or Crispy Chicken Salad</td>
<td>Cheese Enchiladas w/Chili or Spanish Rice or Corn Dog or Crispy Chicken Salad</td>
<td>Breaded Chicken Sandwich or Toasted Cheese Sandwich or Wowbutter &amp; Jelly Sandwich or Cheese Stick</td>
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<tr>
<td></td>
<td>Pinto Beans</td>
<td>Tator Tots</td>
<td>Pinto Beans</td>
<td>Pinto Beans</td>
<td>Chicken Tenders or Baked Potato w/Cheese featuring the Cinnamon Crumb Muffin or Italian Salad</td>
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<tr>
<td></td>
<td>Whole Kernel Corn</td>
<td>Savory Green Beans</td>
<td>California Vegetables</td>
<td>California Vegetables</td>
<td>Mashed Potatoes</td>
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<tr>
<td></td>
<td>Tossed Salad w/Ranch</td>
<td>Baby Carrots &amp; Grape Tomatoes w/Dip</td>
<td>Celery Sticks &amp; Grape Tomatoes w/Dip</td>
<td>Celery Sticks &amp; Grape Tomatoes w/Dip</td>
<td>Broccoli w/Cheese Sauce or Cucumber &amp; Jicama Sticks w/Dip</td>
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<tr>
<td></td>
<td>Fresh Seedless Grapes</td>
<td>Fresh Apple</td>
<td>Chilled Sliced Peaches</td>
<td>Chilled Sliced Peaches</td>
<td>Strawberries &amp; Cream</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>or Dipping Sauce</td>
<td>or Dipping Sauce</td>
<td>Fresh Orange Smiles</td>
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</tbody>
</table>

**Meal Prices:**

- **Full Price Elementary Breakfast**: $1.10
- **Reduced Price Student Breakfast**: $.30
- **Adults/Guests Breakfast**: $2.25
- **Full Price Elementary Lunch**: $2.30
- **Reduced Price Student Lunch**: $.40
- **Adults/Guests Lunch**: $3.85

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Parents, please visit the new website for your child's cafeteria account at www.SchoolCafe.com/NorthEastISD.

Create an account with your student's school name and student ID number.

Once you create an account you will see any funds that were left in your child's account last school year. You can also make payments or apply for free or reduced price meals in School Cafe. A fee of $2.25 is charged for each transaction.

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This institution is an equal opportunity employer. Menu subject to change.

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Join us on Monday, March 2nd to celebrate Dr. Seuss’ Birthday with a Green Eggs and Ham Breakfast.

What better time to try breakfast at your school than during National School Breakfast Week? On Tuesday, March 3rd we will be serving our delicious Chicken and Waffles Breakfast Entree for Lunch! Then on Thursday, March 5th, we will be serving our warm Cinnamon Muffins at lunch and you can get a FREE sample of our Cinnamon Dunkers. If you love the sample, Good News! You can have a whole serving for Breakfast on Friday!

K-5 breakfast includes a choice of 2 entree items, 1 fresh or chilled canned fruit, 1 juice, and choice of milk. Cereal & pastries are available as alternate breakfast entrees. Starred breakfast entrees count as two items, which are: Potato Egg Taco, Dutch Waffle, Bean & Cheese Taco, Cinnamon Roll, Sausage and Cheese Flatbread, Pancake Sausage Wrap, Mini Pancakes, Pan Dulce, Sausage Kolache, Breakfast Taquito, and Cinnamon Cream Twist.

K-5 student lunch includes a choice of 1 entree with a grain, 2 vegetable choices, 1 fruit choice and choice of milk. Entrée Student Salad includes a choice of grains, 1 vegetable, 1 fruit and milk. Combos include protein entree with grains, 2 vegetable choices, 1 fruit choice and a choice of milk.

Milk choices: fat free chocolate & strawberry, lowfat white, lactose free skim milk and low fat soy milk.

Students may decline any breakfast or lunch menu item, however, a minimum of 1 fruit or vegetable choice and 2 additional items must be selected.

These Items Contain Pork:
- Italian Chef Salad
- Pepperoni Pizza
- Breakfast Sausage Patty
- Sausage & Biscuit
- Pepperoni Pizza
- Pepperoni Pizza Pack
- Sausage Kolache

Meatless Lunch Entrees:
- Cheese Pizza
- Baked Potato w/Cheese
- Toasted Cheese Sandwich
- Macaroni & Cheese
- Stuffed Crust Cheese Pizza
- Egg & Cheese Salad
- Cheese Quesadillas
- Wowbutter & Cheese Lunchbox
- Cheese Enchiladas w/o Chili
- Pizza Cheese Sticks w/Marinara
- Spaghetti w/Marinara
- Cheese Nachos
- Yogurt & Cheese Combo
- Cheese Popper Bites w/Marinara
- Wowbutter & Jelly Sandwich Combo
- Breaded Mozzarella & Ravioli w/Marinara

GO, SLOW, WHOA

GO Foods contain the lowest amount of fat. GO Foods should be eaten more often than SLOW or WHOA Foods.

SLOW Foods
SLOW foods are higher in fat than GO foods and lower in fat than WHOA foods. SLOW foods should be eaten less often than GO foods and more often than WHOA foods.

WHOA foods are the highest in fat of the three groups. WHOA foods should be eaten less often than GO foods or SLOW foods.

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