# February

February is National Bird Feeding Month!

- Wintertime can be tough on our feathered friends. Some tips for feeding winter birds:
  - Clean off feeders and perches after storms so seed is not wasted.
  - Leave fruit and berries on trees, hedges and bushes as a natural source of food.

- 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 Café. A fee of $2.25 is charged for each transaction.

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## 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

**This institution is an equal opportunity provider.**

**Menu subject to change.**

### FEBRUARY Menu

#### MONDAY
- **Pancake and Sausage Wrap** or **Cinnamon Toast Bar**
- **Chicken Tenders** or **Baked Potato w/Cheese**
- **Mashed Potatoes**
- **Mixed Green Salad w/Ranch**
- **Cheese Quesadillas**
- **Chicken & Sunflower Seeds Salad**

#### TUESDAY
- **Cinnamon Dunkers** or **Glazed Donut Holes**
- **Chicken & Waffles** or **Yogurt & Cheese Combo**
- **Stir Fry Vegetables**
- **Sweet Asian Chicken**
- **Pinto Beans**
- **Stir Fry Vegetables**

#### WEDNESDAY
- **Biscuit & Sausage** or **Pan Dulce**
- **Cheese Enchiladas w/Chili**
- **Pinto Beans**
- **Stir Fry Vegetables**
- **Cheesy Garlic Potatoes**
- **Cheese Quesadillas**

#### THURSDAY
- **Dutch Waffle** or **Cheese Bagels**
- **Frito Pie** or **Stuffed Crust Pizza**
- **Savory Green Beans**
- **Baby Carrots & Cheese**
- **Fish Sticks w/Mac & Cheese**
- **Hungarian Cheese Bread**

#### FRIDAY
- **Fun Food Friday:**
  - **Minneola Tangelo**
  - **Hamburger or Cheese Quesadilla**
  - **Sweet Potato Fries**
  - **Happy Valentine’s Day**
  - **Potato & Egg Taco**

# NEISD Elementary Menu

- **Wowbutter & Jelly Sandwich**
- **Spaghetti w/Marinara**
- **Steak Fingers w/Homemade Roll**
- **Taco Trimmings**
- **Baked Beans w/Chili**
- **Pulled Pork Sandwich**

- **Broccoli w/Cheese Sauce**
- **Oregon Green Beans**
- **Savory Green Beans**
- **Reduced Price Student Breakfast**
- **Full Price Elementary Breakfast**
- **Adults/Guests Breakfast**

- **Chilled Mandarin Oranges**
- **Cheese Omelet**
- **BBQ Boneless Chicken Wings**
- **Tater Tots**
- **Cinnamon Cream Twist**
- **Spicy Hash Browns**

- **Cinnamon Toast Bar**
- **Egg & Sausage Taquito**
- **Dutch Waffle**
- **Cheese Enchiladas**
- **Taco Trimmings**
- **Spinach Salad w/Ranch**

- **Reduced Price Student Lunch**
- **Full Price Elementary Lunch**
- **Adults/Guests Lunch**
- **Full Price Elementary Breakfast**
- **Reduced Price Student Breakfast**
- **Adults/Guests Breakfast**

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账单在去年学校结束时。你也可以为你的孩子建立一个帐户，查看去年账单上的任何资金。你也可以为免费或降价食物支付，最多每次优惠$2.25。
Fun Food Friday will be on February 7th and we will be sampling a Minneola Tangelo. Did you know that the tangelo is a cross between a grapefruit and a mandarin orange?

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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February is National Bird Feeding Seed is easily found.

Create an account with your student's school name or apply for free or reduced price meals in School website for your child's cafeteria account last school year. You can also make payments.