### FEBRUARY

**Monday**
- Full Price Elementary Breakfast: $1.10
- Reduced Price Student Breakfast: $0.30
- Adults/Guests Breakfast: $2.25
- Full Price Elementary Lunch: $2.30
- Reduced Price Student Lunch: $0.40
- Adults/Guests Lunch: $3.85

**Tuesday**
- Wowbutter & Jelly Sandwich
- Broccoli w/Cheese Sauce
- Chilled Fruit Cocktail w/Homemade Roll or Carrot Coins w/Dip
- Sausage Wrap* or Baked Potato w/Cheese Stick
- Broccoli w/Cheese Sauce
- Yogurt & Cheese Combo
- Fresh Seedless Grapes
- Fresh Apple w/Homemade Roll or Baby Carrots w/Dip
- Chicken Nuggets or Pop Tart w/Sausage

**Wednesday**
- Fun Food Friday: Minneola Tangelo Sausage Kolache* or Nutrigrain Bar
- Hamburger or Cheese Quesadilla or WOWbutter & Jelly Sandwich w/Cheese Stick
- Sweet Potato Fries
- Lettuce & Tomato Trimmings
- Baby Carrots & Sliced Apples w/Dip
- Fresh Kiwi
- Chilled Applesauce

**Thursday**
- Pizza
- Fish Sticks w/Mac & Cheese and Garlic Breadstick or Macaroni & Cheese and Garlic Breadstick or Italian Salad
- Cheesey Garlic Potatoes California Vegetables Tossed Salad w/Ranch or Cheese Bagels and Garlic Breadstick
- Sliced Apples or Pan Dulce*
- Fun Food Friday: Blueberry Muffin

**Friday**
- Chicken & Waffles or Banana Muffin
- Steak Fingers w/Homemade Roll or Yogurt & Cheese Combo or Turkey & Cheese Lunch Box
- Mashed Potatoes Mixed Green Salad w/Ranch Baby Carrots & Grape Tomatoes w/Dip Chilled Sliced Pears Fresh Orange Smiles
- Cheese Quesadilla or Cheese Nachos or Crispy Chicken Salad Pinto Beans Whole Kernel Corn Red Bell Pepper & Baby Carrots w/Dip Chilled Sliced Peaches Fresh Strawberries
- Cinnamon Rolls or Pop Tart
- Fish Sticks w/Mac & Cheese and Garlic Breadstick or Macaroni & Cheese and Garlic Breadstick or Italian Salad
- Cheesey Garlic Potatoes California Vegetables Tossed Salad w/Ranch or Cheese Bagels and Garlic Breadstick
- Sliced Apples or Pan Dulce*
- Fun Food Friday: Blueberry Muffin

---

**Food Service**

- For students who qualify for free or reduced meals, lunches are available for $1.30 or $2.30.
- For students who do not qualify for free or reduced meals, lunches cost $2.30.
- Adults/Guests may purchase a meal for $3.85.

**Breakfast**

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

**Special Needs**

- Food allergies or other special needs should be reported to the cafeteria staff.

---

**Presidents' Day**

- French Toast Sticks or Cheese Bagels
- Breaded Mozzarella & Ravioli w/Marinara or Corn Dog or Egg & Cheese Salad
- Baked Beans Tossed Salad w/Ranch Raw Vegetable Medley w/Dip Chilled Sliced Pears Fresh Seedless Grapes

---

**February is National Bird Feeding Month!**

- Wintertime can be tough on our feathered friends. Some tips for feeding winter birds:
  1. Clean off feeders and perches after storms so seed is easily found.
  2. Leave fruit and berries on trees, hedges and bushes as a natural source of food.

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

**Menu subject to change.**

---

**Account Information**

- Create an account with your student's school name or apply for free or reduced price meals in School Café. A fee of $2.25 is charged for each transaction.
- You can also make payments at the student’s school’s website for your child’s cafeteria 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.

---

**NEISD Elementary Menu**
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.

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 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.