### Student Break

**MONDAY**
- 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

**TUESDAY**
- Cheese Omelet or Nutrigrain Bar
- Sweet Asian Chicken w/Fried Rice or Pizza Cheese Sticks w/Marinara or Chicken & Sunflower Seeds Salad
- Stir Fry Vegetables Sweet Peas Cucumber Slices w/Chili Lime Fresh Kiwi Lemon Berry Freeze

**WEDNESDAY**
- Biscuit & Chicken or Pan Dulce*
- Beef & Cheese Nachos or Cheese Nachos or Crispy Chicken Salad
- Pinto Beans Whole Kernel Corn Red Bell Pepper & Baby Carrots w/Dip Chilled Pineapple Tidbits Fresh Strawberries

**THURSDAY**
- Cinnamon Roll* or Pop Tart
- Fish Sticks w/Mac & Cheese and Garlic Breadstick or Macaroni & Cheese and Garlic Breadstick or Italian Salad
- Sweet Potato Fries California Vegetables Tossed Salad w/Ranch Chilled Applesauce Fresh Banana

**FRIDAY**
- Bean & Cheese Taco* or Glazed Donut Holes
- Pulled Pork Sandwich or Cheese Popper Bites w/Marinara or Wowbutler & Jell Sandwich or Cheese Stick
- Cheesy Garlic Potatoes Steamed Broccoli Celery Sticks & Crispy Carrots w/Dip Sliced Apples Blueberries & Cream

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### Castle Hills Elementary Menu

**MARCH**

Follow us on Facebook.com/NEISDSNS and Twitter @MealsbyNEISD

**March is National Nutrition Month!**

**Student Break**

**MARCH**

- **16**
  - Happy St. Patrick’s Day!
  - 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

- **23**
  - Sausage & Cheese Flatbread* or Pop Tart
  - Chicken Nuggets w/Homemade Roll or Corn Dog or Yogurt & Cheese Combo
  - Sweet Peas Broccoli w/Cheese Sauce Celery Sticks & Grape Tomatoes w/Dip Chilled Sliced Peaches Fresh Apple

- **30**
  - Egg & Sausage Taquito* or Nutrigrain Bar
  - Pepperoni Pizza or Cheese Pizza or Turkey & Cheese Lunch Box
  - Sweet Peas Tossed Salad w/Ranch Raw Vegetable Medley w/Dip Chilled Fruit Cocktail Fresh Apple

**Menu subject to change.**

**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 employer*

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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.
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.

**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.

Castle Hills Elementary Menu