

2017-18 NISD CAFETERIA Breakfast Menu

Revised 8/16/17

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Week ONE August 23-25; Sept. 5-8; 9/18-9/22; Oct. 2-6	Breakfast Pizza (counts as 2)	Bacon & Breakfast Bars (2)	Sausage Rolls (2)	*Pancakes & Sausage	Large (2 oz) Cinnamon Roll & Bacon
Week TWO August 28-9/1; Sept. 11-15; 9/25-9/29; October 9-13	Sausage-on-a- stick (counts as 2)	*Sunrise Sandwich (2)	*French Toast (2) & Bacon	Breakfast Pizza (2)	*Breakfast Burrito (2)
Grab n Go	Cereal Bar & Yogurt	Frudel & Cheese	Cereal Bar & Egg Pops	Frudel & Cheese	Cereal Bar & Yogurt

Breakfast Prices: Students—\$1.75 full/\$.30 reduced

Adult staff—\$2.25 Adult guest—\$2.50

Cereal & Milk only—\$1.25

Cereal, fruit, juice and milk variety are offered at all breakfasts. For a reimbursable meal, please take at least 3 of the items offered, including a serving of fruit or fruit juice. You may take up to 5 items; some entrees count as two (2) items (grain + protein or 2 ounce grain) ***Made from scratch.**

Ala Carte Prices

All Beverages \$.50

- 1% white milk
- fat free chocolate/strawberry milk
- fruit juice, assorted flavors
- 8-16 oz. bottled water

Breakfast Food Items

- Fruit or Egg Pop only.....\$.50
- Yogurt or cheese only.....\$.60
- Cereal or cereal bar only....\$.75
- Frudel only..... \$1.00
- Listed Entrée only.....\$1.25
- Cereal & milk only.....\$1.25

Please note that ala carte prices are the same for all students. **WATER** does not count as 1 of the 3 nutritional components that make up a minimum for a reimbursable meal. Any questions, please ask Carolyn @ 945-2231.

NISD is an equal opportunity provider.



2017 NISD Lunch Menu

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Cycle 2017	Steak or Chicken Monday	Tex-Mex Tuesday	Pizza on Wednesday	International Thursday	Buns over Friday
Wk A August 23-25	Steak Fingers or <i>Staff Workdays</i>	*Crispy Beef Tacos or <i>Staff Workdays</i>	Cheese Pizza or * Baked <i>Potato</i> w/ham & cheese *Hot Rolls *Leafy Green Salad *Veggie Cup Corn Applesauce / Seasonal Fruit	Tangerine Chicken or Ham & Cheese sandwich Brown Rice *Green salad Broccoli Baby Carrots *Snowball salad	Hamburger or Chicken Sandwich w/let/tom/pkl *Veggie Cup Chili Beans *Ranch Fries Orange Smiles
Wk B Aug. 28- Sept. 1	Steak Fingers or Chicken Bites *Hot rolls *Green salad Baby Carrots Potatoes w/gravy Green beans Fresh Fruit Bowl	*Nachos, solo queso or with beef *Leafy Green Salad Baby Carrots *Refried beans *Hot cinnamon apples / Pears Sherbet Variety	Pepperoni Pizza or *Hickory Smoked Chicken *Cornbread *Green salad/ Corn *Seasonal Veggie Peaches	*Spaghetti w/meat sauce or Teriyaki Chicken Garlic bread *Green salad Green Peas * Veggie cup Mandarin Oranges Pudding	Hamburger /let/tom/pkl or Turkey & Cheese Sandwich Broccoli & Cheese Vegetarian Beans Tater Tots Seasonal Fruit
Wk C Sept. 4- 8	Chicken <i>Labor Day Holiday</i> Fresh Fruit Bowl	*Crispy Beef Tacos or *Chicken Fajitas *Leafy Green salad Salsa & Chips Tomato Cup Chili beans *Spanish rice Cinnamon applesauce *WG Sugar Cookie	Pizza Sticks or Corn Dogs *Green salad Marinara Sauce *Seasonal Veggie *Okra *Apple/Pineapple Delight	Asian Beef or Breaded Pork Chop Garlic Bread *Leafy Green salad *Pumpkin Delight * Veggie cup Mixed Fruit <i>Homecoming Game</i>	Hamburger w/let/tom/pkl or Frito Pie *Cornbread Black-eyed Peas Oven fries Seasonal Fruit
Wk A Sept. 11-15	Steak Fingers or Popcorn Chicken Smackers *Green salad Green beans Potatoes w/gravy *Hot roll Fresh Fruit Bowl	*Crispy Beef Tacos or * Chicken Enchilada Casserole *Leafy Green salad *Refried beans Chips & Salsa Pineapple rings *Crispy cereal treat	Cheese Pizza or * Baked <i>Potato</i> w/ham & cheese *Sliced Bread *Leafy Green Salad *Veggie Cup Corn Applesauce / Seasonal Fruit	Tangerine Chicken or Ham & Cheese sandwich Brown Rice *Green salad Broccoli Baby Carrots *Snowball salad	Hamburger or Chicken Sandwich w/let/tom/pkl *Veggie Cup Chili Beans *Ranch Fries Orange Smiles
Wk B Sept. 18-22	Steak Fingers or Chicken Bites *Green salad Baby Carrots Green beans Potatoes w/gravy *Hot roll Fresh Fruit Bowl	*Nachos, solo queso or with beef *Leafy Green Salad *Refried beans Baby Carrots *Hot cinnamon apples / Pears Sherbet Variety	Pepperoni Pizza or Hickory Smoked Chicken Cornbread *Green salad Corn *Seasonal Veggie Peaches	*Spaghetti w/meat sauce or Teriyaki Chicken Garlic bread *Green salad Green Peas * Veggie cup Mandarin Oranges Pudding	Hamburger w/let/tom/pkl or Turkey & Cheese Sandwich Broccoli & Cheese Vegetarian Beans Tater Tots Seasonal Fruit
Wk C Sept.	Chicken SnackAttizers	*Crispy Beef Tacos or *Chicken Fajitas	Pizza Sticks or Corn Dogs	Asian Beef or Breaded Pork Chop	Hamburger w/let/tom/pkl

25-29	or CF Steak *Rolls *Green salad Green beans Potatoes w/gravy Fresh Fruit Bowl	*Leafy Green salad Salsa & Chips Tomato Cup Chili beans *Spanish rice Cinnamon applesauce *WG Sugar Cookie	*Green salad Marinara Sauce *Seasonal Veggie *Okra *Apple/Pineapple Delight	Garlic Bread *Leafy Green salad *Veggie cup *Pumpkin Delight Mixed Fruit	or Frito Pie *Cornbread Black-eyed Peas Oven fries Seasonal Fruit
Wk A Oct. 2-6	Steak Fingers or Chicken Smackers *Green salad Green beans Potatoes w/gravy *Hot roll Fresh Fruit Bowl	*Crispy Beef Tacos or *Chicken Enchilada Casserole *Leafy Green salad *Refried beans Chips & Salsa Pineapple rings *Crispy cereal treat	Cheese Pizza or *Baked Potato w/ham & cheese *Sliced Bread *Veggie Cup *Leafy Green Salad Corn Applesauce / Seasonal Fruit	Tangerine Chicken or Ham & Cheese sandwich Brown Rice *Green salad Broccoli Baby Carrots *Snowball salad	Pub Steak Burger or Chicken Sandwich w/let/tom/pkl *Veggie Cup Chili Beans *Ranch Fries Orange Smiles
Wk B October 9-13	Steak Fingers or Chicken Bites *Hot rolls *Green salad Baby Carrots Potatoes w/gravy Green beans Fresh Fruit Bowl	*Nachos, solo queso or with beef *Leafy Green Salad Baby Carrots *Refried beans *Hot cinnamon apples / Pears Sherbet Variety	Pepperoni Pizza or Hickory Smoked Chicken Cornbread *Green salad Corn *Seasonal Veggie Peaches	*Spaghetti w/meat sauce or Teriyaki Chicken Garlic bread *Green salad Green Peas *Veggie cup Mandarin Oranges Pudding	Cheeseburger /let/tom/pkl or Turkey & Cheese Sandwich Broccoli & Cheese Vegetarian Beans Tater Tots Seasonal Fruit
Wk C Oct. 16-20	Chicken SnackAttizers or CF Steak *Rolls *Green salad Green beans Potatoes w/gravy Fresh Fruit Bowl	*Crispy Beef Tacos or *Chicken Fajitas *Leafy Green salad Salsa & Chips Tomato Cup Chili beans *Spanish rice Cinnamon applesauce *WG Sugar Cookie	Pizza Sticks or Corn Dogs *Green salad Marinara Sauce *Seasonal Veggie *Okra *Apple/Pineapple Delight	Asian Beef or Breaded Pork Chop Garlic Bread *Leafy Green salad *Veggie cup *Pumpkin Delight Mixed Fruit	Hamburger FALL BREAK Seasonal Fruit

***Made from Scratch.** Milk variety is offered at all meals, juice at least once weekly. For a *reimbursable meal*, please take at least 3 components, one of which must be a fruit or a vegetable. Grades 6-12 are also offered an additional 1/2 cup serving of fresh fruit /100% fruit juice daily. * *SUBSTITUTIONS may be made without notice.*

Lunch prices: Elementary Students—\$2.85 full price; Junior & Senior High—\$3.10 full price; All students—\$.40 reduced; Staff—\$3.75; Adult Guest—\$4.00 VISITORS ARE WELCOME. Dine in or eat out. Call 945-2231 by 10:30 am to place outside orders.

Lunch ala carte prices (by the piece):

Entrées
\$1.25 for Students' 2nds or \$2.00 for Entrée only
Chef Salads, same prices as for lunch (please request by 9am)

Sides
Fruits or Veggies.....\$.50
Breads.....\$.50
Desserts.....\$.50
1 dozen rolls.....\$1.25

Beverages
8 oz. Milk.....\$.50
4 oz. Juice.....\$.50
Water.....\$.50
Vending.....\$1.00

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