

2017-18 NISD CAFETERIA Breakfast Menu

Revised 2/26/18

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Week ONE March 5-9; 3/19-3/23; April 2-6; 4/16-4/20; 4/30-May 4; 5/14-5/18	Breakfast Pizza	Bacon & Breakfast Bars	Sausage Rolls	*Pancakes & Sausage	Large Cinnamon Roll & Bacon
Week TWO 2/26-March 2; 3/12-3/16; 3/26-3/30; April 9-13; 4/23-4/27; May 7-11; 5/21-25	Sausage-on-a- stick	*Sunrise Sandwich	*French Toast & Bacon	Breakfast Pizza	*Breakfast Burrito
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, 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 4 items.

***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.



2017-18 NISD Lunch Menu

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WATCH FOR NEW ITEMS!

Cycle 2017	Steak or Chicken Monday	Tex-Mex Tuesday	Pizza on Wednesday	International Thursday	Buns over Friday
Wk B Feb. 26- March 2	Steak Fingers or <i>Chicken Bites</i> *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 BBQ Pork Sandwich *Green salad Corn *Seasonal Veggie Peaches Muffin Variety	*Spaghetti w/meat STUDENT HOLIDAY *Veggie cup Mandarin Oranges Pudding	Hamburger STUDENT HOLIDAY Seasonal Fruit FISH
Wk C March 5-9 Nat'l School Break-fast Week	Crispy Baked Ranch Chicken or CF Steak * Hot rolls *Green salad Green beans Potatoes w/gravy Fresh Fruit Bowl	*Crispy Beef Tacos or *Chicken Fajitas *Leafy Green salad Salsa & Chips Tomato Cup Pinto beans *Spanish rice Cinnamon applesauce *WG Sugar Cookie	Pizza Sticks or Corn Dogs *Green salad Marinara Sauce *Seasonal Veggie *Okra *Apple/Pineapple Delight *Brownies	Breaded Pork Chop STUDENT HOLIDAY (may be moved) *Veggie cup Mandarin Oranges Mixed Fruit	Cheeseburgers STUDENT HOLIDAY FISH
Wk A March 12-16	Steak Fingers or <i>Chicken Smackers</i> *Green salad Green beans Potatoes w/gravy *Hot roll Fresh Fruit Bowl <i>Possible holiday</i>	*Crispy Beef Tacos or *CHEF SALAD w/Grilled Chicken *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 w/let/tom/pkl or CATFISH Mac & cheese or Three Cheese Lasagna *Veggie Cup *Ranch Fries Orange Smiles FISH & Cheese
Wk B March 19-23	Steak Fingers or <i>Chicken Bites</i> *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 BBQ Pork Sandwich *Green salad Corn *Seasonal Veggie Peaches Muffin Variety	*Spaghetti w/meat sauce or Teriyaki Chicken Garlic breadsticks *Green salad Green Peas *Veggie cup Mandarin Oranges Pudding	Hamburger STUDENT HOLIDAY *High School UIL Meet @ Nazareth FISH
Wk C March 26-30	Crispy Baked Ranch Chicken or CF Steak * Hot 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 *Brownies	Breaded Pork Chop or CHEF SALAD w/Ham & Cheese Texas Toast *Leafy Green salad *Veggie cup * Sweet Potato Delight Mixed Fruit	Hamburger w/let/tom/pkl GOOD FRIDAY HOLIDAY FISH

<p>Wk A April 2-6</p>	<p>Steak Fingers or <i>Chicken Smackers</i> *Green salad Green beans Potatoes w/gravy *Hot roll Fresh Fruit Bowl</p>	<p>*Crispy Beef Tacos or *CHEF SALAD w/Grilled Chicken *Leafy Green salad *Refried beans Chips & Salsa Pineapple rings *Crispy cereal treat</p>	<p>Cheese Pizza or *Baked <i>Potato</i> w/ham & cheese *Sliced Bread *Veggie Cup *Leafy Green Salad Corn Applesauce / Seasonal Fruit</p>	<p>Tangerine Chicken or Turkey & Cheese Sandwich Brown Rice *Green salad Broccoli Baby Carrots *Snowball salad</p>	<p>Pub steak burger or <i>Chicken Sandwich</i> w/let/tom/pkl *Veggie Cup Pinto Beans *Ranch Fries Orange Smiles</p>
<p>Wk B April 9-13</p>	<p>Steak Fingers or <i>Chicken Bites</i> *Hot rolls *Green salad Baby Carrots Potatoes w/gravy Green beans Fresh Fruit Bowl</p>	<p>*Nachos, solo queso or with beef *Leafy Green Salad Baby Carrots *Refried beans *Hot cinnamon apples/ Pears Sherbet Variety STARR</p>	<p>Pepperoni Pizza or BBQ Pork Sandwich *Green salad Corn *Seasonal Veggie Peaches STARR</p>	<p>*Spaghetti w/meat sauce or <i>Teriyaki Chicken</i> Garlic breadsticks *Green salad Green Peas *Veggie cup Mandarin Oranges Pudding STARR</p>	<p>Pub steak burger /let/tom/pkl or Beef & Bean Burrito Broccoli & Cheese White Northern Beans Tater Tots Seasonal Fruit</p>
<p>Wk C April 16-20</p>	<p>Crispy Baked Ranch Chicken or <i>CF Steak</i> *Hot rolls *Green salad Green beans Potatoes w/gravy Fresh Fruit Bowl</p>	<p>*Crispy Beef Tacos or *<i>Chicken Fajitas</i> *Leafy Green salad Salsa & Chips Tomato Cup Pinto beans *Spanish rice Cinnamon applesauce *WG Sugar Cookie</p>	<p>Pizza Sticks or <i>Corn Dogs</i> *Green salad Marinara Sauce *Seasonal Veggie *Okra *Apple/Pineapple Delight *Brownies</p>	<p>Breaded Pork Chop or CHEF SALAD w/Ham & Cheese Texas Toast *Leafy Green salad *Veggie cup *Sweet Potato Delight Mixed Fruit</p>	<p>Hamburger w/let/tom/pkl *Crispy cereal treat *Okra *Apple/Pineapple Delight *Brownies Seasonal Fruit PROM EVE</p>
<p>Wk A April 23-27</p>	<p>Steak Fingers or <i>Chicken Smackers</i> *Green salad Green beans Potatoes w/gravy *Hot roll Fresh Fruit Bowl</p>	<p>*Crispy Beef Tacos or *CHEF SALAD w/Grilled Chicken *Leafy Green salad *Refried beans Chips & Salsa Pineapple rings *Crispy cereal treat</p>	<p>Cheese Pizza or *Baked <i>Potato</i> w/ham & cheese *Sliced Bread *Veggie Cup *Leafy Green Salad Corn Applesauce / Seasonal Fruit</p>	<p>Tangerine Chicken or Turkey & Cheese Sandwich Brown Rice *Green salad Broccoli Baby Carrots *Snowball salad</p>	<p>Pub steak burger or <i>Chicken Sandwich</i> w/let/tom/pkl *Veggie Cup Pinto Beans *Ranch Fries Orange Smiles</p>
<p>Wk B April 30 - May 4</p>	<p>Steak Fingers or <i>Chicken Bites</i> *Hot rolls *Green salad Baby Carrots Potatoes w/gravy Green beans Fresh Fruit Bowl</p>	<p>*Nachos, solo queso or with beef *Leafy Green Salad Baby Carrots *Refried beans *Hot cinnamon apples/ Pears Sherbet Variety</p>	<p>Pepperoni Pizza or BBQ Pork Sandwich *Green salad Corn *Seasonal Veggie Peaches</p>	<p>*Spaghetti w/meat sauce or <i>Teriyaki Chicken</i> Garlic breadsticks *Green salad Green Peas *Veggie cup Mandarin Oranges Pudding</p>	<p>Pub steak burger /let/tom/pkl or Turkey & Cheese Sandwich Broccoli & Cheese White Northern Beans Tater Tots Seasonal Fruit</p>
<p>Wk C May 7-11</p>	<p>Crispy Baked Ranch Chicken or <i>CF Steak</i> *Hot rolls *Green salad Green beans Potatoes w/gravy Fresh Fruit Bowl STARR</p>	<p>*Crispy Beef Tacos or *<i>Chicken Fajitas</i> *Leafy Green salad Salsa & Chips Tomato Cup Pinto beans *Spanish rice Cinnamon applesauce *WG Sugar Cookie STARR</p>	<p>Pizza Sticks or <i>Corn Dogs</i> *Green salad Marinara Sauce *Seasonal Veggie *Okra *Apple/Pineapple Delight *Brownies STARR</p>	<p>Breaded Pork Chop or CHEF SALAD w/Ham & Cheese Texas Toast *Leafy Green salad *Veggie cup *Pumpkin Delight Mixed Fruit STARR</p>	<p>Pub steak burger /let/tom/pkl or <i>Frito Pie</i> *Cornbread Black-eyed Peas Oven fries Seasonal Fruit</p>

Wk A May 14-17	Steak Fingers or Chicken Smackers *Green salad Green beans Potatoes w/gravy *Hot roll Fresh Fruit Bowl STARR	*Crispy Beef Tacos or *CHEF SALAD w/Grilled Chicken *Leafy Green salad *Refried beans Chips & Salsa Pineapple rings *Crispy cereal treat STARR	Cheese Pizza or *Baked Potato w/ham & cheese *Sliced Bread *Veggie Cup *Leafy Green Salad Corn Seasonal Fruit STARR	Tangerine Chicken or Turkey & Cheese Sandwich Brown Rice *Green salad Broccoli Baby Carrots *Snowball salad STARR	Pub steak burger or Catfish w/lett/tom/pkl Cornbread *Veggie Cup Pinto Beans *Ranch Fries Orange Smiles
Wk B May 21-25	Steak Fingers or Chicken Bites Snow Day 2 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 BBQ Pork Sandwich *Green salad Corn *Seasonal Veggie Peaches	*Spaghetti w/meat sauce or Teriyaki Chicken Garlic breadsticks *Green salad Green Peas *Veggie cup Mandarin Oranges Pudding	Hamburger /lett/tom/lett or T HOME & SCHOOL PICNIC 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, ESPECIALLY DURING THE LAST 2 WEEKS OF SCHOOL.*

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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