



# MIDDLE SCHOOL LUNCH MENU APRIL 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The weather is getting warmer, so now is the time to get outside and become more physically active. Look below for some ways to be physically active this month!</p>	1 Hamburger on Wheat Bun Spicy Hash Browns Lettuce, Tomato and Pickles Gelatin w/Peaches Canned & Seasonal Fresh Fruit	2 Cheese Enchiladas w/Chili Spanish Rice Seasoned Pinto Beans Mixed Vegetables Fresh Seedless Grapes Canned & Seasonal Fresh Fruit	3 Breaded Chicken Tenders Cornbread Baked Beans Corn on the Cob Fresh Apple Fresh Seasonal Fruit	<b>Report Card Day</b>
	BLT Salad w/Crackers Choice of 1 Fruit or Vegetable	Ham Wrap w/Fresh Fruit Choice of 2 Fruit or Vegetable	Baked Potato w/ Cheese & Bread Choice of 2 Fruit or Vegetable	
7 Chicken Fried Steak w/ Gravy Hot Wheat Roll Mashed Potatoes Savory Peas Chilled Pineapple Tidbits Canned & Seasonal Fresh Fruit	8 Breaded Spicy Chicken on Wheat Bun Tater Tots Lettuce, Tomato and Pickles Fresh Orange Canned & Seasonal Fresh Fruit	9 Bean & Cheese Chalupas Whole Kernel Corn Lettuce, Tomato Applesauce Gelatin Canned & Seasonal Fresh Fruit	10 Cheese & Pepperoni Pizza Hot Garlic Bread Cut Green Beans Crispy Carrots w/Dip Fresh Banana Canned & Seasonal Fresh Fruit	11 Meatball Sandwich Macaroni & Cheese Ranch Style Beans Dill Pickle Chilled Fruit Cocktail Canned & Seasonal Fresh Fruit
Baked Potato w/ Cheese & Roll Choice of 2 Fruit or Vegetable	Chicken & Cheese Salad w/Crackers Choice of 1 Fruit or Vegetable	Turkey Wrap w/Fresh Fruit Choice of 2 Fruit or Vegetable	Baked Potato w/Cheese & Bread Choice of 2 Fruit or Vegetable	BLT Salad w/Crackers Choice of 1 Fruit or Vegetable
14 Chicken Nuggets w/Gravy Hot Wheat Roll Mashed Potatoes California Vegetables Chilled Mandarin Oranges Canned & Seasonal Fresh Fruit	15 Spaghetti w/Meat Sauce Hot Garlic Bread Oriental Style Vegetables Tossed Salad w/Ranch Dressing Gelatin w/Pears Canned & Seasonal Fresh Fruit	16 Crispy Beef Tacos Spanish Rice Seasoned Pinto Beans Lettuce, Tomato & Cheese Chilled Peach Slices Canned & Seasonal Fresh Fruit	17 Cheese & Pepperoni Pizza Hot Garlic Bread Whole Kernel Corn Dill Pickle Frozen Juice Bar Canned & Seasonal Fresh Fruit	18 Chili Cheese Hot Dog Crispy Fries Crispy Carrots w/Dip Seedless Grapes Canned & Seasonal Fresh Fruit
Baked Potato w/ Cheese & Roll Choice of 2 Fruit or Vegetable	Chef Salad w/Crackers Choice of 1 Fruit or Vegetable	Ham Wrap w/Fresh Fruit Choice of 2 Fruits & Vegetables	Baked Potato w/ Cheese & Bread Choice of 2 Fruit or Vegetable	Chicken & Cheese Salad w/Crackers Choice of 1 Fruit & Vegetable
21 Pizza Cheese Sticks w/ Dipping Sauce Foccacia Bread Stick Mixed Vegetables Broccoli w/Cheese Cinnamon Apples Canned & Seasonal Fresh Fruit	22 Hamburger on Wheat Bun Tater Tots Lettuce, Tomato and Pickles Chilled Pineapple Tidbits Canned & Seasonal Fresh Fruit	23 Cheese Enchiladas w/Chili Spanish Rice Seasoned Pinto Beans Mixed Green Salad Fresh Strawberries Canned & Seasonal Fresh Fruit	24 Cheese & Pepperoni Pizza Hot Garlic Bread Savory Peas Steamed Broccoli Chilled Applesauce Canned & Seasonal Fresh Fruit	<b>Battle of Flowers Student Holiday</b>
Baked Potato w/ Cheese & Bread Stick Choice of 2 Fruit or Vegetable	BLT Salad w/Crackers Choice of 1 Fruit or Vegetable	Turkey Wrap w/Fresh Fruit Choice of 2 Fruit or Vegetable	Baked Potato w/Cheese & Bread Choice of 2 Fruit or Vegetable	
28 Steak Fingers w/Gravy Hot Wheat Roll Mashed Potatoes Corn on the Cob Fresh Apple Wedge Chilled Canned Fruit	29 Breaded Chicken on Wheat Bun Tater Tots Lettuce, Tomato, and Pickles Fresh Orange Chilled Canned Fruit	30 Beef & Cheese Nachos Seasoned Pinto Beans Raw Vegetable Medley w/Dip Fresh Banana Chilled Canned Fruit	<p>Dance to your favorite songs            Walk the dog            Play basketball            Play kickball with friends            Wash the car            Play baseball            Mow the lawn</p>	
Baked Potato w/ Cheese & Roll Choice of 2 Fruit or Vegetable	Chicken & Cheese Salad w/Crackers Choice of 2 Fruit or Vegetable	Ham Wrap w/Fresh Fruit Choice of 2 Fruit or Vegetable		

**Returned checks may be recovered electronically along with the state allowed fee.**

Look for the School Nutrition Services April Nutrition Newsletter  
by clicking on <http://www.neisd.net/foodserv/HTML/Nutritional%20Newsletter.html>



# Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Regular physical activity has several health benefits. Look below on the calendar to learn what exercising can do for you	1 Apple Turnover Bites w/ Yogurt plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	2 Breakfast Pizza plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	3 Pancakes plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	4 Egg & Bacon or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
7 Waffle Sticks plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	8 Biscuit & Sausage plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	9 Cinnamon Roll plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	10 Blueberry Muffin plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	11 Bacon & Egg or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
14 Breakfast Pizza Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	15 Pancakes w/ Syrup Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	16 Biscuit & Chicken Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	17 Top Your Toast Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	18 Bacon & Egg or Bean & Cheese Taco Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
21 French Toast Sticks w/Syrup Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	22 Yogurt & Toast Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	23 Cinnamon Roll Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	24 Biscuit & Chicken Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	25 <b>Battle of Flowers Student Holiday</b>
28 Sausage Kolache Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	29 Biscuit & Sausage Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	30 Breakfast Pizza Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	Helps with weight control Builds muscular strength Builds aerobic fitness	Improves bone mass Helps relieve anxiety and stress Improves self-esteem

AVERAGE WEEKLY LUNCH NUTRITIONAL SUMMARY FOR APRIL					
Week of	Total Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)
April 1-4	792.40	23.85	8.18	35.83	112.30
April 7-11	758.40	24.30	8.64	35.74	107.24
April 14-18	764.72	25.18	8.76	35.18	106.42
April 21-25	729.27	23.775	9.80	35.95	94.025
April 28-30	840.13	29.63	9.30	34.57	112.57

**Meal Prices**  
**Student Breakfast - \$0.95**  
**Student Lunch - \$2.00**  
**Reduced Breakfast - \$0.30**  
**Reduced Lunch - \$0.40**  
**Guest Breakfast - \$1.50**  
**Guest Lunch - \$3.00**



NEISD School Nutrition Services Department is now offering online prepayments for your child's cafeteria meal account by accessing [www.MyLunchMoney.com](http://www.MyLunchMoney.com) Information needed to access: Student's Name, ID Number, and Birth Date. A fee of \$1.95 is charged for each transaction. Middle School Students are not permitted to run a negative balance on meal accounts.

Breakfast and lunch include a choice of 1% lowfat white milk, 1% lowfat chocolate milk, 1% lowfat strawberry milk, 1% lowfat vanilla milk and 2% reduced fat white milk.

Breakfast includes entrée & choice of juice, fresh or chilled canned fruit. Cereal & toaster pastries are available as alternate breakfast entrées. Students may choose a combination of any two breakfast entrée items.

Students may decline any breakfast or lunch menu item, however, a minimum of 3 items must be selected. See cafeteria manager or web site for details.

**Meatless Entrées:**

Baked Potato w/Cheese, Bean & Cheese Chalupas, Bean & Cheese Tacos, Cheese Nachos, Cheese Enchiladas, Cheese Pizza, Spiral Spaghetti, Pizza Cheese Sticks, Yogurt Plate

**Menu items containing pork are:**

Chicken BLT Salad, Pepperoni Pizza, Breakfast Pizza, Breakfast Sausage, Bacon & Egg Taco

**Menu items containing turkey are:**

Corn Dogs, Ham Chef Salad, Ham & Cheese Lunch Muncher, Ham Wrap, Hot Dogs, Turkey Wrap, Sausage Kolache

**Breakfast entrée items that equal 2 entrées are:**

Breakfast Pizza, Breakfast Tacos, Cinnamon Roll, Sausage Kolache