



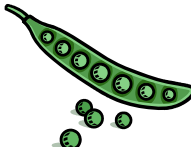




# MIDDLE SCHOOL LUNCH MENU MAY/JUNE 2008

Monday	Tuesday	Wednesday	Thursday	Friday
     <p><b>CHOOSE 3 VEGETABLES or FRUITS WITH LUNCH</b></p>				
1 Cheese & Pepperoni Pizza Hot Garlic Bread Oriental Vegetables Celery w/Peanut Butter or Dip Chilled Sliced Peaches Canned & Seasonal Fresh Fruit	2 BBO Chicken Tenders Hot Wheat Roll Ranch Style Beans Tossed Salad w/Ranch Dressing Gelatin w/Mixed Fruit Canned & Seasonal Fresh Fruit	Baked Potato w/Cheese & Roll Choice of 2 Fruit or Vegetable	BLT Salad w/Crackers Choice of 1 Fruits or Vegetable	
5 Chicken Nuggets w/ Gravy Hot Wheat Roll Mashed Potatoes Savory Peas Chilled Peach Slices Canned & Seasonal Fresh Fruit	6 Chili Cheese Hot Dog Tator Tots Dill Pickle Watermelon Chunks Canned & Seasonal Fresh Fruit	7 Bean & Cheese Chalupas Whole Kernel Corn Lettuce & Tomato Gelatin w/Pears Canned & Seasonal Fresh Fruit	8 Cheese & Pepperoni Pizza Hot Garlic Bread Broccoli w/Cheese Tossed Salad w/Ranch Dressing Chilled Applesauce Canned & Seasonal Fresh Fruit	9 Italian Chicken Cutlet w/Pasta Hot Garlic Bread Cut Green Beans Celery w/Peanut Butter Fresh Orange Canned & Seasonal Fresh Fruit
Baked Potato w/ Cheese & Roll 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	Chef Salad w/Crackers Choice of 1 Fruit & Vegetable
12 Chicken Teriyaki Fried Rice Oriental Style Vegetables Crispy Carrots w/Dip Hot Apple Crisp Canned & Seasonal Fresh Fruit	13 Pizza Cheese Slicks Foccacia Bread Stick California Vegetables Mixed Green Salad Fresh Strawberries Canned & Seasonal Fresh Fruit	14 Crispy Beef Tacos Spanish Rice Seasoned Pinto Beans Lettuce, Tomato & Cheese Chilled Fruit Cocktail Canned & Seasonal Fresh Fruit	15 Cheese & Pepperoni Pizza Hot Garlic Bread Corn on the Cob Raw Vegetable Medley w/Dip Fresh Seedless Grapes Canned & Seasonal Fresh Fruit	16 Breaded Chicken on Wheat Bun Spicy Hash Browns Lettuce, Tomato and Pickles Frozen Juice Bar Canned & Seasonal Fresh Fruit
Baked Potato w/ Cheese & TX Toast Choice of 2 Fruit or Vegetable	Chicken & Cheese Salad w/Crackers Choice of 1 Fruit & Vegetable	Ham 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 & Vegetable
19 Steak Fingers w/Gravy Hot Wheat Roll Mashed Potatoes Country Style Spinach Fresh Apple Canned & Seasonal Fresh Fruit	20 Grilled Chicken on Wheat Bun Tator Tots Lettuce, Tomato and Pickles Chilled Mandarin Oranges Canned & Seasonal Fresh Fruit	21 Cheese Enchiladas w/Chili Spanish Rice Seasoned Pinto Beans Cut Green Beans Chilled Pineapple Tidbits Canned & Seasonal Fresh Fruit	22 Cheese & Pepperoni Pizza Hot Garlic Bread Savory Peas Tossed Salad w/Ranch Dressing Fresh Banana Canned & Seasonal Fresh Fruit	23 Spaghetti w/Meat Sauce Hot Garlic Bread Whole Kernel Corn Raw Vegetable Medley w/Dip Chilled Applesauce 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	Turkey Wrap w/Fresh Fruit Choice of 2 Fruit or Vegetable	Baked Potato w/Cheese & Bread Choice of 2 Fruit or Vegetable	Chicken & Cheese Salad Choice of 1 Fruit or Vegetable
<b>MEMORIAL DAY STUDENT HOLIDAY</b>	26	27 Breaded Chicken Tenders Hot Wheat Roll Mashed Potatoes Steamed Broccoli Fresh Watermelon Chilled Canned Fruit	28 Beef & Cheese Nachos Seasoned Pinto Beans Mixed Vegetables Fresh Seedless Grapes Canned & Seasonal Fresh Fruit	29 Cheese & Pepperoni Pizza Hot Garlic Bread California Vegetables Mixed Green Salad w/Dressing Chilled Sliced Pears Canned & Seasonal Fresh Fruit
		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
<b>J</b> Chicken Nuggets <b>U</b> Hot Wheat Roll <b>N</b> Ranch Style Beans <b>E</b> Vegetable of Choice Frozen Juice Bar <b>2</b> Canned & Seasonal Fresh Fruit	<b>J</b> Corn Dog <b>U</b> Tator Tots <b>N</b> Vegetable of Choice <b>E</b> Chilled Canned Fruit <b>3</b>	<b>J</b> Cheese & Pepperoni Pizza <b>U</b> Hot Garlic Bread <b>N</b> Vegetable of Choice <b>E</b> Chilled Canned Fruit <b>4</b>	Look for the School Nutrition Services March Nutrition Newsletter by clicking on <a href="http://www.neisd.net/foodserv/HTML/Nutritional%20Newsletter.html">http://www.neisd.net/foodserv/HTML/Nutritional%20Newsletter.html</a>  <b>June 2-4 Cafeteria Manager's will announce the availability of alternate meals</b>	

Last Day of School!

## MIDDLE SCHOOL BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cafeteria account balances will be carried forward to the 2008-2009 school year. All money remaining in your child's account on the last day of school will be your child's beginning balance in the 2008-2009 school year. The funds will remain in the account even if your child transfers to another school within NEISD. If you have any questions on the balance you may call your cafeteria manager.</b>				
5 Cheese Pocket plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	6 Blueberry Muffin plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	7 Cinnamon Roll plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	8 Waffle Sticks w/Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	9 Egg & Potato or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
12 Breakfast Pizza plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	13 Pancakes w/Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	14 Biscuit & Sausage plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	15 Top Your Toast plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	16 Egg & Bacon or Bean & Cheese Taco Plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
19 French Toast Sticks plus a choice of 1 Juice, Fresh Fruit, or Chilled Canned Fruit	20 Apple Turnover Bites & Yogurt plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	21 Cinnamon Roll plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	22 Biscuit & Chicken plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	23 Egg & Chorizo Taco or Bean & Cheese plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
26 <b>MEMORIAL DAY STUDENT HOLIDAY</b>	27 Pancakes w/Syrup plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	28 Breakfast Pizza 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 Egg & Bacon or Bean & Cheese Taco plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
June 2 Manager's Special plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	3 Manager's Special plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	4 Cereal & Toaster Pastry plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit		

AVERAGE WEEKLY LUNCH NUTRITIONAL SUMMARY FOR MAY/JUNE					
Week of	Total Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)
MAY 1-2	741.2	19.8	7.2	42.4	101.3
MAY 5-9	763.8	24.8	8.1	35.5	103.4
MAY 12-16	746.5	23.0	7.8	36.5	105.0
MAY 19-23	790.1	25.8	9.6	36.6	106.6
MAY 27-30	585.4	18.64	6.5	28.8	78.28
JUNE 2-5	712.7	22.5	7.3	30.9	99.50

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

**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**

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