

# September Savor the Flavor Menu

## MIDDLE SCHOOL MENU CHOICES **National Whole Grains Month**

**BREAKFAST:** Entrée,  
Fruit, Juice, Milk

**LUNCH:** Entrée,  
Veggie (Pick 2), Fruit, Milk

\* Indicates Pork Product  
+ Possible trace of sesame due to manufacturer

**Choice of milk with breakfast & lunch**  
• 1% White • Fat-Free Chocolate  
• Lactose-Free • Soy Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>LABOR DAY</b>	<b>2</b> <b>Brunch 4 Lunch</b> Egg, Bacon & Sausage Pizza* OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk  Chicken and Waffles Crispy Chicken Salad Nacho Box  Sweet Potato Fries Baked Beans Crispy Carrots & Red Bell Peppers Sliced Apples OR Strawberries w/Cream	<b>3</b> Biscuit & Sausage* OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk  Cheese Enchiladas w/Chili & Spanish Rice WOW Sandwich Combo+ Nashville Hot Chicken Wrap  Ranchero Beans Cucumber Slices w/Tajin Red Bell Peppers & Grape Tomatoes Fresh Banana OR Fiesta Raisins	<b>4</b> Confetti Pancakes OR Pick 2: Cereal, Yogurt or Banana Muffin Fruit, Juice & Milk  Cheeseburger Pizza or Cheese Pizza Spicy Tender Salad Yogurt Combo  Buttered Corn Cheeseburger Pizza Toppings Crispy Carrots w/Dip Fresh Watermelon OR Diced Peaches	<b>5</b> Sausage Kolache* OR Blueberry Banana Smoothie OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk  Stuffed Baked Potato w/Garlic Knot+ Italian Salad* Nacho Box  Savory Green Beans Tossed Salad w/Ranch Celery Sticks & Crispy Carrots Seedless Grapes OR Sliced Pears
<b>8</b> Ham & Cheese Croissant* OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk  Bacon* Cheeseburger+ or Black Bean Burger+ Italian Salad* WOW Sandwich Combo+  Wedge Fries Burger Trimmings Crispy Carrots w/Dip Fresh Watermelon OR Strawberry Applesauce	<b>9</b> Bean & Cheese Taco OR Orange Cream Smoothie OR Pick 2: Cereal, Yogurt or Cinnamon Waffle Fruit, Juice & Milk  Spaghetti w/Meat or Marinara Sauce & Cheesy Bread Crispy Chicken Salad <b>NEW!</b> <b>Chili Lime Hummus Bento Box</b>  <b>NEW!</b> <b>Italian Green Beans</b> Tossed Salad w/Ranch Celery Sticks & Grape Tomatoes Seedless Grapes OR Sliced Peaches	<b>10</b> Chicken & Waffles OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk  Frito Pie w/Cornbread WOW Sandwich Combo+ Nashville Hot Chicken Wrap  Ranchero Beans Zesty Tomatoes & Cucumbers Red Bell Peppers & Crispy Carrots Melon Cup OR Strawberry Craisins	<b>11</b> Homemade Cinnamon Roll OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk  Sweet Asian Chicken w/Fried Rice Spicy Tender Salad Yogurt Combo  Savory Green Peas Raw Vegetable Medley w/Dip Cucumber & Jicama Sticks w/Tajin Fresh Banana OR Blueberries w/Cream	<b>12</b> Blueberry Muffin & Sausage* OR Strawberry Banana Smoothie OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk  Chicken Tenders w/Homemade Roll Italian salad* Nacho Box  Mashed Potatoes w/Gravy Broccoli Salad* Crispy Carrots & Grape Tomatoes Apple Crisps OR Fruit Cocktail
<b>15</b> Potato & Egg Taco OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk  Meatball Sub+ Italian Salad* WOW Sandwich Combo+  Tater Tots Savory Green Beans Cucumber Slices w/Tajin Orange Smiles OR Sour Watermelon Raisins	<b>16</b> Sausage & Cheese Flatbread OR Mango Smoothie OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk  Stuffed Baked Potato w/Garlic Knot+ Crispy Chicken Salad Chili Lime Hummus Bento Box  <b>NEW!</b> <b>Roasted Buffalo Cauliflower</b> Mixed Green Salad w/Ranch Red Bell Peppers & Grape Tomatoes Granny Smith Apple OR Strawberries w/Cream	<b>17</b> Sunrise Egg, Sausage & Potato Bowl* OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk  Crispy Beef Tacos w/Spanish Rice WOW Sandwich Combo+ Nashville Hot Chicken Wrap  Ranchero Beans Taco Trimmings Celery Sticks & Crispy Carrots Fresh Banana OR Natural Applesauce	<b>18</b> Dutch Waffle OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk  Chicken Nuggets w/Homemade Roll Spicy Tender Salad Yogurt Combo  Mashed Potatoes w/Gravy Pinto Peach Salad Crispy Carrots & Grape Tomatoes Sliced Apples OR Diced Peaches	<b>19</b> Donut Holes & Sausage* OR Blueberry Banana Smoothie OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk  Beef & Cheese Nachos or Cheese Nachos Italian Salad* Nacho Box  Mexican Street Corn Tossed Salad w/Ranch Raw Vegetable Medley w/Dip Seedless Grapes OR Sliced Pears
<b>22</b> French Toast Sticks OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk  Sloppy Joe+ Italian Salad* WOW Sandwich Combo+  Wedge Fries Crispy Carrots w/Dip Celery Sticks & Grape Tomatoes Fresh Watermelon OR Strawberry Applesauce	<b>23</b> Sausage* & Egg Taco OR Orange Cream Smoothie OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk  Steak Fingers w/Homemade Roll Crispy Chicken Salad Chili Lime Hummus Bento Box  Mashed Potatoes w/Gravy Broccoli w/Cheese Cucumber Slices w/Tajin Seedless Grapes OR Sliced Peaches	<b>24</b> Biscuit & Chicken OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk  Beef & Cheese Nachos or Cheese Nachos WOW Sandwich Combo+ Nashville Hot Chicken Wrap  Ranchero Beans Mexican Street Corn Raw Vegetable Medley Melon Cup OR Strawberry Craisins	<b>25</b> <b>National Food Service Worker Day!</b> Homemade Cinnamon Roll OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk  General Tso Chicken+ w/Fried Rice Spicy Tender Salad Yogurt Combo  Savory Green Peas Mixed Green Salad w/Ranch Zesty Tomatoes & Cucumbers <b>Paradise Punch Slush</b> OR Blueberries w/Cream	<b>26</b> <b>National Pancake Day!</b> <b>Confetti Pancakes</b> OR Strawberry Banana Smoothie OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk  BBQ or Buffalo Boneless Wings w/Mac N Chz OR Macaroni & Cheese Italian Salad* Nacho Box  Savory Green Beans Red Bell Peppers & Grape Tomatoes Celery Sticks & Crispy Carrots Sliced Apples OR Fruit Cocktail
<b>29</b> Potato & Egg Taco OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk  Grilled Cheese Sandwich Italian Salad* WOW Sandwich Combo+  Tater Tots Tomato Soup Raw Vegetable Medley w/Dip Orange Smiles OR Apple Crisps	<b>30</b> <b>Brunch 4 Lunch</b> Sausage & Cheese Flatbread OR Mango Smoothie OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk  Chicken and Waffles Crispy Chicken Salad Chili Lime Hummus Bento Box  Sweet Potato Fries Baked Beans Crispy Carrots & Red Bell Peppers Granny Smith Apple OR Strawberries w/Cream	<div>  <p><b>School Nutrition Services is hiring</b> <b>\$14.11 hour starting</b></p>  <p><b>Menu subject to change</b> Visit: <a href="http://schoolcafe.com/NorthEastISD">schoolcafe.com/NorthEastISD</a> or download the School Café App to access meal account information, make payments &amp; apply for free or reduced-price meals. <b>No fees for cash or checks paid directly to the cafeteria</b></p> </div>		

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