Savor the Flavor Menu MIDDLE SCHOOL MENU CHOICES Choice of milk with breakfast & lunch * Indicates Pork Product BREAKFAST: Entrée, | LUNCH: Entrée, • 1% White Fruit, Juice, Milk Veggie (Pick 2), Fruit, Milk + Possible trace of sesame due to manufacturer · Lactose-Free MONDAY **TUESDAY** WEDNESDAY THURSDAY 5 4 6 **National Sandwich Day!** Ham & Cheese Croissant* Chicken & Waffles Homemade Cinnamon Roll OR Pick 2: Cereal, Yogurt or Nutrigrain Bar OR Pick 2: Cereal, Yogurt or Pop Tart OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Fruit, Juice & Milk Fruit, Juice & Milk **Election Day** Bacon* Cheeseburger+ or Black Bean Burger+ Sweet Asian Chicken w/Fried Rice Frito Pie w/Cornbread **School Holiday** Italian Salad* Wow Sandwich Combo+ Spicy Tender Salad WOW Sandwich Combo+ NEW! Spicy Hot Chicken Wrap Yogurt Combo Spicy Hashbrowns Ranchero Beans Savory Green Peas **Burger Trimmings** Zesty Tomatoes & Cucumbers Raw Vegetable Medley w/Dip Crispy Carrots w/Dip Red Bell Peppers & Crispy Carrots Cucumber & Jicama Sticks w/Tajin Fresh Kiwi OR Strawberry Applesauce Orange Smiles OR Strawberry Craisins Seedless Grapes OR Blueberries w/Cream 10 11 12 13 **World Kindness Day!** Sunrise Egg, Sausage & Potato Bowl* Bean & Cheese Taco Sausage & Cheese Flatbread **Dutch Waffle** OR Pick 2: Cereal, Yogurt or Pop Tart OR Mango Smoothie OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk Fruit, Juice & Milk Fruit, Juice & Milk OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk Meatzza Pizza* or Cheese Pizza BBQ or Buffalo Boneless Wings & Mac N Chz Beef & Cheese Nachos or Cheese Nachos Chicken Nuggets w/Homemade Roll Italian Salad* Crispy Chicken Salad WOW Sandwich Combo+ Spicy Tender Salad WOW Sandwich Combo+ Chili Lime Hummus Bento Box Spicy Hot Chicken Wrap Yogurt Combo Wedge Fries Buttered Corn Ranchero Beans **Smile Fries** Mixed Green Salad w/Ranch

Mixed Green Salad w/Ranch Italian Green Beans Cucumber Slices w/Tajin Red Bell Peppers & Grape Tomatoes Orange Smiles OR Sour Watermelon Raisins resh Pear OR Strawberries w/Cream

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Fresh Banana OR Natural Applesauce **Slush Day!**

Sausage & Egg Taco* OR Orange Cream Smoothie
OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk

> General Tso+ w/Fried Rice Crispy Chicken Salad Chili Lime Hummus Bento Box

Savory Green Peas Mixed Green Salad Cucumber Slices w/Tajin Seedless Grapes OR Strawberry Kiwi Slush

Biscuit & Chicken OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk

Celery Sticks & Crispy Carrots

Crispy Beef Tacos w/Spanish Rice WOW Sandwich Combo+ Spicy Hot Chicken Wrap

> Ranchero Beans Taco Trimmings Variety of Fresh Veggies Variety of Fruit

OR Pick 2: Cereal, Yogurt or Pop Tart

Pinto Peach Salad Crispy Carrots & Grape Tomatoes Sliced Apples OR Diced Peaches

NEW! Mini Sausage Pancake Wraps R Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk

Thanksgiving Feast!

Roasted Turkey w/Roll & Cornbread Dressing Spicy Tender Salad Yogurt Combo

Mashed Potatoes w/Gravy Savory Green Beans Sweet Potato Square Variety of Fruit OR Blueberries w/Cream 14

7

Donut Holes & Sausage* OR Blueberry Banana Smoothie OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk

• Fat-Free Chocolate

· Soy Milk

FRIDAY

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

Sliced Apples OR Fruit Cocktail

Stuffed Baked Potato w/Breadstick Italian salad* Nacho Box

Buffalo Cauliflower Tossed Salad w/ Ranch Raw Vegetable Medley w/Dip Gala Apple OR Sliced Pears

Sausage Kolache* OR Strawberry Banana Smoothie OR Pick 2: Cereal, Yogurt or Nutrigrain Bar

Fruit, Juice & Milk Stuffed Crust Pepperoni* or Cheese Pizza Nacho Box

> Broccoli w/Cheese Variety of Fresh Veggies Variety of Fruit

24

17



French Toast Sticks

OR Pick 2: Cereal, Yogurt or Nutrigrain Bar

Fruit, Juice & Milk

Grilled Cheese Sandwich

Italian Salad*

WOW Sandwich Combo+

Tater Tots

Tomato Soup

Celery Sticks & Grape Tomatoes

Fresh Kiwi OR Strawberry Applesauce





School Nutrition Services is hiring

\$14.11 hour starting



Visit: schoolcafe.com/NorthEastISD or download the School Café App to access meal account information, make payments & apply for free or reduced-price meals.

Menu subject to change

No fees for cash or checks paid directly to the cafeteria

