



October



Savor the Flavor Menu



MIDDLE SCHOOL MENU CHOICES Go Local at Lunch with our #FarmFreshTexas items! Look for menu items with a 🌱 and go local with NEISD!

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 🌱
• Lactose-Free
• Fat-Free Chocolate 🌱
• Soy Milk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**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

1 Pumpkin Spice Day!

🌱 **Pumpkin Bread** 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 Natural Applesauce

2

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
Pizza Lettuce Topping
Crispy Carrots w/Dip
Seedless Grapes OR Diced Peaches

3

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

Chicken Tenders w/Homemade Roll
Italian Salad*
Nacho Box

Mashed Potatoes w/Gravy
🌱 **Tossed Salad w/Ranch**
Celery Sticks & Crispy Carrots
Sliced Apples OR Sliced Pears

6

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+

Spicy Hashbrowns
Burger Trimmings
Crispy Carrots w/Dip
🌱 **Fresh Watermelon** OR **Strawberry Applesauce**

7

National Taco Day!

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

🌱 **Spaghetti w/Meat or Marinara Sauce & Cheesy Bread**
Crispy Chicken Salad
Chili Lime Hummus Bento Box

Italian Green Beans
🌱 **Tossed Salad w/Ranch**
Celery Sticks & Grape Tomatoes
Fresh Banana OR Sliced Peaches

8

French Toast Sticks 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

9

Homemade Cinnamon Roll 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
🌱 **Cucumber & Jicama Sticks w/Tajin**
Orange Smiles OR Blueberries w/Cream

10



Student Holiday

13

School Holiday

**It's National
School Lunch
Week!**

14

Pumpkin Parade!

Sausage & Cheese Flatbread OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

🌱 **Meatball Sub+**
Crispy Chicken Salad
Chili Lime Hummus Bento Box

Tater Tots
Mixed Green Salad w/Ranch
🌱 **Red Bell Peppers & Grape Tomatoes**
🌱 **Granny Smith Apple** OR **Strawberries w/Cream**

15

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

16

Dutch Waffle 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
🌱 **Cucumber Slices w/Tajin**
Crispy Carrots & Grape Tomatoes
Seedless Grapes OR **Lone star Luau slush** 🌱

17

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
Sliced Apples OR Sliced Pears

20

Chicken & Waffle Day!

🌱 **Chicken & Waffles** OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

🌱 **Sloppy Joe+**
Italian Salad*
WOW Sandwich Combo+

Spicy Hashbrowns
Crispy Carrots w/Dip
Celery Sticks & Grape Tomatoes
🌱 **Fresh Watermelon** OR **Strawberry Applesauce**

21

National Apple Day!

🌱 **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
Buffalo Cauliflower
🌱 **Cucumber Slices w/Tajin**
🌱 **Gala Apple** OR Sliced Peaches

22

Mini Sausage Pancake Wraps 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 w/Dip
Melon Cup OR Strawberry Craisins

23

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
🌱 **Red Bell Peppers & Crispy Carrots**
Fresh Banana OR Blueberries w/Cream

24

Waffle Breakfast Sandwich* OR
Strawberry Banana Smoothie OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

BBQ or Buffalo Boneless Wings & 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

27

Pumpkin Parade!

🌱 **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

28

Sausage & Cheese Flatbread OR
Mango Smoothie OR
Pick 2: Cereal, Yogurt or NutriGrain 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**

29

🌱 **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 Natural Applesauce

30

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
Pizza Lettuce Topping
Crispy Carrots w/Dip
Seedless Grapes OR Diced Peaches

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National Breadstick Day!

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

Stuffed Baked Potato w/Breadstick
Italian Salad*
Nacho Box

Savory Green Beans
🌱 **Tossed Salad w/Ranch**
Celery Sticks & Crispy Carrots
Sliced Apples OR Sliced Pears

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