

October

★ NATIONAL APPLE MONTH ★

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
++ Possible trace of tree nuts due to manufacturer

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

MONDAY

School Nutrition
Services is hiring
\$14.11 hour starting



Menu subject to change

No fees for cash or checks paid directly to the cafeteria

TUESDAY

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

WEDNESDAY

THURSDAY

FRIDAY

5

French Toast Sticks OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Chicken Nuggets w/Homemade Roll
Italian Salad
Yogurt Combo
Nacho Box

Mashed Potatoes w/Gravy
Broccoli w/Cheese
Celery Sticks & Crispy Carrots
Sliced Apples OR Sliced Pears

6

National Taco Day!

*Chorizo & Egg Taco OR
Bean & Cheese Taco OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Spaghetti w/Meat Sauce & Cheesy Bread
*Crispy Chicken Salad
Hummus Bento Box
Breaded Chicken Wrap w/Boss Sauce

Savory Green Beans
*Tossed Salad w/Ranch
Raw Veggie Medley w/Dip
*Fresh Watermelon OR Fruit Cocktail

7

Biscuit & Sausage OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

Frito Pie w/Cheese & Cornbread
Italian Salad
Yogurt Combo
WOW Sandwich Combo+

Ranchero Beans
*Mixed Green Salad w/Ranch
*Cucumber Slices w/Tajin
Seedless Grapes OR Natural Applesauce

8

Homemade Cinnamon Roll OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

*Grilled Cheese & Tomato Soup
*Spicy Chicken Salad
WOW Sandwich Combo+
Spicy Chicken Wrap w/Ranch

Tater Tots
Red Bell Peppers & Grape Tomatoes
*Cucumber & Jicama Sticks w/Tajin
Granny Smith Apple OR Blueberries w/Cream

16

Pumpkin Parade
OCT. 5TH-8TH
Dutch Waffle OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

BYO Stuffed Baked Potato w/Bread Stick
*Asian Chicken Salad
Yogurt Combo
Nacho Box

Buffalo Cauliflower
*Crispy Carrots w/Dip
*Cucumber Slices w/Tajin
Orange Smiles OR Sliced Peaches

CAFETERIA CIRCUS
NATIONAL SCHOOL LUNCH WEEK
★ OCT 12TH-16TH ★ 2026 ★

13

Bacon & Egg Taco OR
Bean & Cheese Taco OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Chicken & Waffles
*Crispy Chicken Salad
Hummus Bento Box
Breaded Chicken Wrap w/Boss Sauce

Savory Green Beans
*Zesty Tomatoes & Cucumbers
Hummus & Celery
Orange Smiles OR Sliced Pears

14

Biscuit & Sausage OR
Pick 2: Cereal, Yogurt or NutriGrain Bar
Fruit, Juice & Milk

*Crispy Beef Tacos w/Spanish Rice
Italian Salad
Yogurt Combo
WOW Sandwich Combo+

Ranchero Beans
*Taco Trimmings
*Crispy Carrots & Grape Tomatoes
Seedless Grapes OR Sliced Peaches

15

Pumpkin Bread OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

General Tso Chicken+ w/Fried Rice
*Spicy Chicken Salad
WOW Sandwich Combo+
Spicy Chicken Wrap w/Ranch

Savory Green Peas
*Cucumber & Jicama Sticks w/Tajin
Celery Sticks & Crispy Carrots
Fresh Banana OR Strawberry Applesauce

16

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

BYO Beef or Chicken Burrito Bowl
*Asian Chicken Salad
Yogurt Combo
Nacho Box

Mexican Street Corn
*Burrito Bowl Trimmings
*Crispy Carrots w/Dip
Gala Apple OR Fruit Cocktail

19

Pancake Sausage Bites OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Chicken Tenders w/Cornbread
Italian Salad
Yogurt Combo
Nacho Box

Mashed Potatoes w/Gravy
Broccoli w/Dip
*Crispy Carrots w/Dip
Orange Smiles OR Sliced Pears

20

Sausage Potato & Egg Taco OR
Bean & Cheese Taco OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Meatza Pizza* or Cheese Pizza
*Crispy Chicken Salad
Hummus Bento Box
Breaded Chicken Wrap w/Boss Sauce

Savory Green Beans
*Mixed Green Salad w/Ranch
Red Bell Peppers & Crispy Carrots
*Fresh Watermelon OR Strawberries w/Cream

21

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

*Beef & Cheese or Cheese Nachos
Italian Salad
Yogurt Combo
WOW Sandwich Combo+

Ranchero Beans
Mexican Street Corn
Celery Sticks & Grape Tomatoes
Seedless Grapes OR Natural Applesauce

22

Homemade Cinnamon Roll OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

Asian Noodle Bowl+ w/Egg Roll
*Spicy Chicken Salad
WOW Sandwich Combo+
Spicy Chicken Wrap w/Ranch

Stir Fry Vegetables
*Zesty Tomatoes & Cucumbers
*Tossed Salad w/Ranch
Fresh Banana OR Strawberry Craisins

23

Slush Day!
Donut Holes & Sausage* OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

BBQ or Buffalo Boneless Wings w/Mac N Chz
*Asian Chicken Salad
Yogurt Combo
Nacho Box

Savory Green Peas
Celery Sticks & Crispy Carrots
*Cucumber Slices w/Tajin
Granny Smith Apple OR Lone Star Luau Slush

26

Confetti Pancakes OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Steak Fingers w/Homemade Roll
Italian Salad
Yogurt Combo
Nacho Box

Mashed Potatoes w/Gravy
Raw Veggie Medley w/Dip
Celery Sticks & Grape Tomatoes
*Fresh Watermelon OR Fruit Cocktail

27

Ham & Cheese Croissant OR
Bean & Cheese Taco OR
Pick 2: Cereal, Yogurt or Cereal Bar
Fruit, Juice & Milk

Meatza Pizza* OR Cheese Pizza
*Crispy Chicken Salad
Hummus Bento Box
Breaded Chicken Wrap w/Boss Sauce

Savory Green Beans
*Mixed Green Salad w/Ranch
Celery Sticks w/Hummus
Seedless Grapes OR Natural Applesauce

28

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

*Cheese Enchiladas w/Spanish Rice
Italian Salad
Yogurt Combo
WOW Sandwich Combo+

Ranchero Beans
*Cucumber & Jicama Sticks w/Tajin
Red Bell Peppers & Grape Tomatoes
Sliced Apples OR Sour Watermelon Raisins

29

Blueberry Muffin & Sausage OR
Pick 2: Cereal, Yogurt or Banana Muffin
Fruit, Juice & Milk

Sweet Asian Chicken w/Fried Rice
*Spicy Chicken Salad
WOW Sandwich Combo+
Spicy Chicken Wrap w/Ranch

Savory Green Peas
Red Bell Peppers & Crispy Carrots
*Tossed Salad w/Ranch
Fresh Banana OR Strawberries w/Cream

30

National Breadstick Day!
Dutch Waffle OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

BYO Stuffed Baked Potato w/Bread Stick
*Asian Chicken Salad
Yogurt Combo
Nacho Box

Buffalo Cauliflower
*Crispy Carrots w/Dip
*Cucumber Slices w/Tajin
Orange Smiles OR Sliced Peaches

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