

# February

## Savor the Flavor Menu

### Heart Health Month!

#### MIDDLE SCHOOL MENU CHOICES

**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

##### 2 National Tater Tot Day!

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

Bacon Cheeseburger+  
Italian Salad\*  
Yogurt & Granola Combo  
Nacho Box

**Tater Tots**  
Burger Trimmings  
Broccoli Salad\*  
Fresh Kiwi OR Blueberries w/Cream

#### TUESDAY

3 Dutch Waffle OR  
Pick 2: Cereal, Yogurt or Cereal Bar  
Fruit, Juice & Milk

Sweet Asian Chicken w/Fried Rice  
Crispy Chicken Salad  
Wowbutter Sandwich+ Combo  
Breaded Chicken Wrap w/Boss Sauce

Stir Fry Vegetables  
Raw Vegetable Medley w/Dip  
Celery Sticks & Grape Tomatoes  
Orange Smiles OR Sliced Pears

#### WEDNESDAY

4 Biscuit & Chicken OR  
Pick 2: Cereal, Yogurt or Nutrigrain Bar  
Fruit, Juice & Milk

Crispy Beef Tacos w/Spanish Rice  
Asian Chicken Salad  
Hummus & Cheese Bento Box  
Yogurt & Granola Combo

Ranchero Beans  
Taco Trimmings  
Crispy Carrots & Grape Tomatoes  
Granny Smith Apple OR Sliced Peaches

#### THURSDAY

5 Sausage Kolache\* OR  
Pick 2: Cereal, Yogurt or Banana Muffin  
Fruit, Juice & Milk

Meatzza Pizza\* or Cheese Pizza  
Italian Salad\*  
Wowbutter Sandwich+ Combo  
Nacho Box

Italian Green Beans  
Mixed Green Salad w/Ranch  
Cucumber & Jicama Sticks w/Tajin  
Fresh Banana OR Strawberry Applesauce

#### FRIDAY

6 Waffle Breakfast Sandwich OR  
Pick 2: Cereal, Yogurt or Pop Tart  
Fruit, Juice & Milk

Chicken Tenders w/Cornbread  
Spicy Chicken Salad  
Yogurt & Chex Combo  
Spicy Chicken Wrap w/Ranch

Mashed Potatoes w/Gravy  
Broccoli w/Cheese  
Red Bell Pepper & Crispy Carrots  
Sliced Apples OR Fruit Cocktail

9

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

BYO: Beef or Chicken Burrito Bowl  
Italian Salad\*  
Yogurt & Granola Combo  
Nacho Box

Zesty Tomatoes & Cucumbers  
Mixed Green Salad w/Ranch  
Celery Sticks & Crispy Carrots  
Apple Crisps OR Diced Peaches

10

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

**Asian Noodle Bowl+ w/Egg Roll**  
Crispy Chicken Salad  
Wowbutter Sandwich+ Combo  
Breaded Chicken Wrap w/Boss Sauce

Savory Green Peas  
Hummus & Carrots  
Cucumber Slices w/Tajin  
Sliced Apples OR Strawberries w/Cream

11 Rodeo Kick-Off!

Biscuit w/Gravy & Sausage\* OR  
Pick 2: Cereal, Yogurt or Nutrigrain Bar  
Fruit, Juice & Milk

Cheese or Beef & Cheese Nachos  
Asian Chicken Salad  
Hummus & Cheese Bento Box  
Yogurt & Granola Combo

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

12 Random Acts of Kindness Day!

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

Chicken & Waffles  
Italian Salad\*  
Wowbutter Sandwich+ Combo  
Yogurt & Chex Combo

**Smile Fries**  
Baked Beans  
Crispy Carrots & Red Bell Peppers  
Fresh Banana OR Fiesta Raisins

13 Valentine Special!

Pink Donut Holes & Sausage\* OR  
Pick 2: Cereal, Yogurt or Pop Tart  
Fruit, Juice & Milk

Pink Sauce Spaghetti w/ or w/o Meatballs  
w/Cheesy Bread  
Spicy Chicken Salad, Nacho Box  
Spicy Chicken Wrap w/Ranch

Italian Green Beans  
Tossed Salad w/Ranch  
Raw Vegetable Medley w/Dip  
Orange Smiles OR Sliced Pears

16

#### School Holiday



17

#### Slush Day!

Sunrise Egg, Sausage & Potato Bowl\* OR  
Pick 2: Cereal, Yogurt or Cereal Bar  
Fruit, Juice & Milk

BBQ or Buffalo Boneless Wings & Mac N Chz  
Crispy Chicken Salad  
Wowbutter Sandwich+ Combo  
Breaded Chicken Wrap w/Boss Sauce

Broccoli w/Cheese  
Hummus & Carrots  
Raw Vegetable Medley w/Dip  
Paradise Punch Slush OR Natural Applesauce

18

Blueberry Muffin & Sausage\* OR  
Pick 2: Cereal, Yogurt or Nutrigrain Bar  
Fruit, Juice & Milk

Cheese Enchiladas w/Chili & Spanish Rice  
Buffalo Chicken Salad  
Hummus & Cheese Bento Box  
Yogurt & Granola Combo

Ranchero Beans  
Crispy Carrots w/Dip  
Red Bell Peppers & Grape Tomatoes  
Sliced Apples OR Strawberry Craisins

19

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

Meatzza Pizza\* or Cheese Pizza  
Italian Salad\*  
Wowbutter Sandwich+ Combo  
Yogurt & Chex Combo

Buttered Corn  
Mixed Green Salad w/Ranch  
Cucumber & Jicama Sticks w/Tajin  
Fresh Banana OR Strawberries w/Cream

20

Ham & Cheese Croissant\* OR  
Pick 2: Cereal, Yogurt or Pop Tart  
Fruit, Juice & Milk

Chicken Nuggets w/Homemade Roll  
Spicy Chicken Salad  
Nacho Box  
Spicy Chicken Wrap w/Ranch

Mashed Potatoes w/Gravy  
Savory Green Peas  
Celery Sticks & Grape Tomatoes  
Granny Smith Apple OR Sliced Peaches

23

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

BYO Stuffed Baked Potato  
Italian Salad\*  
Yogurt & Granola Combo  
Nacho Box

Broccoli w/Cheese  
Zesty Tomatoes & Cucumbers  
Raw Vegetable Medley w/Dip  
Orange Smiles OR Sliced Pears

24

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

General Tso Chicken+ w/Fried Rice  
Crispy Chicken Salad  
Wowbutter Sandwich+ Combo  
Breaded Chicken Wrap w/Boss Sauce

Stir Fry Vegetables  
Tossed Salad w/Ranch  
Celery Sticks & Grape Tomatoes  
Apple Crisps OR Fruit Cocktail

25

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

Frito Pie  
Asian Chicken Salad  
Hummus & Cheese Bento Box  
Yogurt & Granola Combo

Ranchero Beans  
Mexican Street Corn  
Cucumber Slices w/Tajin  
Seedless Grapes OR Natural Applesauce

26

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

Fettuccini Chicken Alfredo w/Garlic Bread  
Italian Salad\*  
Wowbutter Sandwich+ Combo  
Yogurt & Chex Combo

Savory Green Beans  
Red Bell Peppers & Grape Tomatoes  
Crispy Carrots w/Dip  
Sliced Apples OR Sour Watermelon Raisins

27

National Strawberry Day!

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

Steak Fingers w/Homemade Roll  
Spicy Chicken Salad  
Nacho Box  
Spicy Chicken Wrap w/Ranch

Mashed Potatoes w/Gravy  
Savory Green Peas  
Crispy Carrots & Grape Tomatoes  
Orange Smiles OR **Strawberries w/Cream**

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

