Northside ISD 2017 - 2018

ELEMENTARY SCHOOL MENU

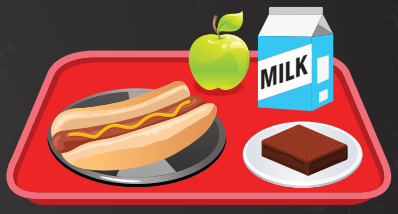
N-zone café

SMART CHOICE: BREAKFAST

Make a SMART CHOICE to start your day by eating breakfast. A variety of breakfast items that include Breakfast Meats, Breakfast Sandwiches, Assorted Cereals, French Toast, Assorted Muffins, Pancakes, Tacos, and more are waiting for you at your cafeteria.

Sides: Assorted Fruits, Assorted Juices, and Milk Variety served daily.

TASTEFUL FLAVORS: LUNCH



Join us for lunch! TASTEFUL FLAVORS that include American, Tex-Mex, Limited Time Offers, and more will excite your taste buds. **Wow!** It's cool to eat healthy, nutritious and good food at school!

Sides: Assorted Hot & Cold Veggies, Fresh & Prepared Fruits and Milk Variety served daily.

1st Friday of the Month Texas Farm Fresh Products

- Farmer NIC & his Texas Farmer Friends are going to bring a Fruit or Vegetable to your cafeteria to enjoy as part of your Meal Deal. You will be able to select the following Texas grown products:
- Watermelon, Gala Apples, Carrots, Spinach, Grapefruit, Red Leaf Lettuce, Button Mushrooms, Broccoli, and Blueberries.

CHECK THIS OUT!

Child Nutrition Services has added More Variety:

MEATLESS ENTREES SERVED ON THE CYCLE MENU

Sunbutter & Jelly Sandwich, Tuna Salad Sub, Pasta with Seasoned Tomato Sauce, Grilled Cheese, Pizza Sticks with Marinara, Cheese Pizza, Variety of Yogurt, Cheese Enchiladas, Fish, Bean Burrito with Cheese Sauce, and Macaroni & Cheese.

FRUIT & VEGGIE PLATE

Students may select up to 2 Fruits & 3 Veggies, Bread Choice of the Day, and Choice of Milk for a Meal Deal. Just ask for the "Fruit & Veggie Plate."

LIMITED TIME OFFERS

A series of rotating restaurant-style entrees will be served throughout the year. Watch for them Every Thursday!

BREAKFAST

Community Eligibility Provision School: $0.00
Student Full Price Meal Deal: $1.00
Student Reduced Price Meal Deal: $0.30
Student Free Price Meal Deal: $0.00
Adult/Visitor Price Meal Deal: $2.10
Non-Enrolled Student: $2.10

Meal Deal (Reimbursable Meal):
Must include a minimum of 3 components to make a complete Meal Deal. One component must be a fruit.

Food Components:
1. Grain
2. Meat
3. Fruit or Juice
4. Milk

LUNCH

Community Eligibility Provision School: $0.00
Student Full Price Meal Deal: $2.10
Student Reduced Price Meal Deal: $0.40
Student Free Price Meal Deal: $0.00
Adult/Visitor Price Meal Deal: $3.60
Non-Enrolled Student: $3.60

Meal Deal (Reimbursable Meal):
Includes 3 to 5 different food components. Must choose at least 2 fruits and/or vegetables.

Food Components:
1. Meat
2. Grain
3. Fruit
4. Vegetable
5. Milk

Quality, Service, & Value In Everything We Do!

Special Dietary Needs

- Soy Milk and Lactose-Free Milk are available for students who are intolerant of regular milk. No doctor's note is required.
- For further information regarding Special Diets and Nutrition, please refer to the following: **https://nisd.net/child-nutrition** or **www.squaremeals.org**.

PAYMENTS

- Parents / guardians are responsible for purchases made by their student(s) in the cafeteria.
- After 5 unpaid lunch charges, a courtesy meal will be offered. Please see the NISD Student Handbook for more information.
- Student ID numbers are used for student meal accounts.
- Payments may be made to a student's meal account by cash, check, or online at **www.nisd.net/parent connection/.**
- Make checks payable to your school's cafeteria. Include student name and ID number.
- There is a $25 NSF fee for returned checks.
- Money left in a student account at the end of the year will roll over to the following year. Refunds will be given as requested.
- Questions about an account? Contact your school Cafeteria Manager.

FREE AND REDUCED MEALS (Non-Community Eligibility Schools)

- Free or Reduced Meals are available to students who qualify based on federal guidelines. Meal Deals must meet guidelines or à la carte prices will be charged. (Price list is on the back of this menu.)
- Applications are available at your campus, online at **http://childnutrition.nisd.net/**, in the Child Nutrition Building at 7520 Mainland Drive, or by calling 397-4517.
- **New applications MUST be submitted every school year.**
- Prior year status will end after October 10, 2017. Students will be charged FULL PRICE if a new, approved application is not on file by October 10, 2017.

COMMUNITY ELIGIBILITY PROVISION SCHOOLS

The Community Eligibility Provision (CEP) for the National School Lunch Program (NLSP) and School Breakfast Program (SBP) gives Northside schools with high percentages of low-income children the option to offer free school meals to all children in those schools without collecting applications at those schools. Under this provision, Northside has elected to provide meals to all students and is reimbursed by the federal government. Meal Deals must meet guidelines or à la carte prices will be charged.

Community Eligibility School Site Listing:
High Schools – DAEP, Holmes HS, Jay HS, and Northside Alternative HS.

Middle Schools – Jones MS, NAMS, Neff MS, Pease MS, Rayburn MS, Ross MS, Rudder MS, and Zachry MS.

Elementary Schools – Adams Hill ES, Allen ES, Boone ES, Brauchle ES, Burke ES, Cable ES, Carlos Coon ES, Carnahan ES, Cody ES, Colonies North ES, Driggers ES, Esparza ES, Fisher ES, Glass ES, Glenn ES, Glenoaks ES, Hatchett ES, Howsman ES, Knowlton ES, Leon Valley ES, Linton ES, Martin ES, Mary Hull ES, McDermott ES, Mead ES, Meadow Village ES, Michael ES, Myers ES, Oak Hills Terrace ES, Passmore ES, Powell ES, Rhodes ES, Timberwilde ES, Valley Hi ES, Villarreal ES, and Westwood Terrace ES.

Northside ISD 2017 - 2018
Elementary School Menu

SCHOOL MEAL CALENDAR

Week One Meal Plan

Week Two Meal Plan

AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MARCH

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Week 1 - Breakfast: Smart Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of 1 • Bagel Bites *OR* Choice of 1 or 2 • Chicken Patty • Blueberry Muffin • Assorted Cold Cereal	Choice of 1 • Breakfast Sandwich *OR* Choice of 1 or 2 • Sausage Patty • Cinnamon Toast • Assorted Cold Cereal	Choice of 1 • Breakfast Taco *OR* Choice of 1 or 2 • Chicken Patty • Pancake • Assorted Cold Cereal	Choice of 1 • Scrambled Egg & Bacon with Toast *OR* Choice of 1 or 2 • Sausage Patty • Cinnamon Roll • Assorted Cold Cereal	Choice of 1 • Pancake & Sausage on a Stick *OR* Choice of 1 or 2 • Yogurt • Chocolate Chip Muffin • Assorted Cold Cereal

Week 1 - Lunch: Tasteful Flavors (Choice of 1 per day)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of 1 • Chicken Strips w/Roll • Pizza Sticks w/ Marinara • SunButter & Jelly Sandwich	Choice of 1 • Pasta & Meat Sauce • Corn Dog • NIC's Lunch Kit	Choice of 1 • Cheese Enchiladas w/Chili • Chicken Sandwich • Deli Sandwich	Choice of 1 • Limited Time Offer • Steak Fingers w/Roll • Farmer NIC's Salad w/ Roll	Choice of 1 • Pepperoni (P) or Cheese Pizza • Grilled Chicken Ciabatta • Burrito

Week 2 - Breakfast: Smart Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of 1 • Bagel Bites *OR* Choice of 1 or 2 • Chicken Patty • Biscuit • Assorted Cold Cereal	Choice of 1 • Breakfast Sandwich *OR* Choice of 1 or 2 • Sausage Patty • Pancake • Assorted Cold Cereal	Choice of 1 • Breakfast Taco *OR* Choice of 1 or 2 • Chicken Patty • French Toast Sticks • Assorted Cold Cereal	Choice of 1 • Scrambled Egg & Bacon with Toast *OR* Choice of 1 or 2 • Sausage Patty • Cinnamon Roll • Assorted Cold Cereal	Choice of 1 • Pancake & Sausage on a Stick *OR* Choice of 1 or 2 • Chicken Patty • Banana Muffin • Assorted Cold Cereal

Week 2 - Lunch: Tasteful Flavors (Choice of 1 per day)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of 1 • Fish, Macaroni & Cheese w/Roll • Pulled Pork Sandwich (P) • Grilled Cheese	Choice of 1 • Bagel Bites • Chicken Nuggets • NIC's Lunch Kit	Choice of 1 • Chili/Cheese Bowl w/Nacho Chips • Hot Dog on Bun • Tuna Salad Sub	Choice of 1 • Limited Time Offer • Chicken Sliders • Farmer NIC's Salad w/ Roll	Choice of 1 • Pepperoni (P) or Cheese Pizza • Cheeseburger • Yogurt Plate

Menu items are subject to change.

(P) contains pork

SIDES OFFERED EVERDAY!

BREAKFAST SIDES:
Assorted Fruits, Juices, and Milk Variety Served Daily!

LUNCH SIDES:
Assorted Hot & Cold Veggies, Fresh & Prepared Fruits, and Milk Variety Served Daily!

À la Carte Price List

If a complete Meal Deal (Reimbursable Meal) is not selected, items will be charged at the individual prices listed below. Not all items listed may be available at all locations.

ENTREE

Lunch Entrée – **$1.50**
Breakfast Sandwich – **$1.00**
Sausage – **$0.50**
Chicken Patty – **$0.50**
Hot Dog – **$1.25**
Corn Dog – **$1.25**
Breakfast Taco – **$1.00**

SIDES/BREADS/ GRAINS

Fruits (1/4 cup) – **$0.35**
Vegetables (1/4 cup) – **$0.35**
Pasta (1/4 cup) – **$0.35**
Rice (1/4 cup) – **$0.35**
Cereals – **$0.50**
Breakfast Cereal Bars – **$0.50**
Toaster Pastry – **$0.50**
Muffin – **$0.50**
Mini Cinnamon Roll – **$0.50**
Roll, Biscuit, or Toast – **$0.50**
Graham Crackers – (1 pkg) – **$0.50**
Pretzels – **$0.50**
Cheese Crackers – **$0.50**
Pancake (1 each) – **$0.25**
French Toast Sticks (3 each) – **$0.50**

All snacks meet USDA Smart Snack Compliance. Parents may limit the purchasing of snacks; please contact the Cafeteria Manager for assistance.

DESSERTS/ MISCELLANEOUS

Mini Cookies – **$0.25**
Cookie – **$0.50**
Cereal Bar Treat – **$0.60**
Ice Cream – **$0.75**
Sherbert – **$0.50**
Pudding Cup – **$0.50**
Chips/Popcorn – **$0.75**
Yogurt (4oz) – **$0.50**
Cheese Portion – **$0.25**
Small Cupcake – **$0.60**
Brownie – **$0.60**
Ocean Spray Craisins – **$0.50**
Sunflower Seeds – **$0.50**
Turkey or Beef Stick – **$0.75**

BEVERAGES

Milk, Skim Chocolate (8 oz) – **$0.50**
Milk, 1% (White) (8 oz) – **$0.50**
Milk, Lactose-Free/Soy Milk (8 oz) – **$0.75**
Juice (4 oz) – **$0.40**
Specialty Juice – **$0.75**
Small Water – **$0.50**
Large Water – **$1.00**

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