



# PREKINDERGARTEN DECEMBER 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Fried Steak w/Gravy Hot Wheat Roll Plus a choice of 2 Mashed Potatoes Chilled Mandarin Oranges Canned & Fresh Seasonal Fruit	Corn Dog Macaroni & Cheese Plus a choice of 2 Crispy Fries Gelatin w/Pears Canned & Fresh Seasonal Fruit	Crispy Beef Taco Spanish Rice Plus a choice of 2 Seasoned Pinto Beans Chilled Peach Slices Canned & Fresh Seasonal Fruit	Cheese Pizza Hot Garlic Bread Plus a choice of 2 Whole Kernel Corn Fresh Seedless Grapes Canned & Fresh Seasonal Fruit	Pizza Cheese Sticks w/ Dipping Sauce Plus a choice of 2 Savory Green Beans Frozen Juice Bar Canned & Fresh Seasonal Fruit
Baked Potato w/ Cheese & Roll Choice of 1 Fruit or Vegetable	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable	Yogurt Plate Choice of 2 Fruits or Vegetables	Chicken Chef Salad w/Crackers Choice of 1 Fruit or Vegetable	Ham Wrap w/Pickle Spear Choice of 1 Fruit or Vegetable
<b>8</b> Chicken Nuggets w/Gravy Whole Grain Roll Plus a choice of 2 Dill Pickle Fresh Apple Wedge Canned & Fresh Seasonal Fruit	Spaghetti w/Meat Sauce Hot Garlic Bread Plus a choice of 2 Mixed Green Salad w/Dressing Hot Peach Crisp Canned & Fresh Seasonal Fruit	Cheese Enchilada w/Chili Spanish Rice Plus a choice of 2 Seasoned Pinto Beans Chilled Applesauce Canned & Fresh Seasonal Fruit	Pepperoni Pizza Hot Garlic Bread Plus a choice of 2 Mixed Vegetables Fresh Kiwi Canned & Fresh Seasonal Fruit	Grilled Chicken on Wheat Bun Plus a choice of 2 Tater Tots Gelatin w/Mixed Fruit Canned & Fresh Seasonal Fruit
Baked Potato w/ Cheese & Roll Choice of 1 Fruit or Vegetable	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable	Yogurt Plate Choice of 2 Fruits or Vegetables	Ham Chef Salad w/Crackers Choice of 1 Fruit or Vegetable	Turkey Wrap w/Pickle Spear Choice of 1 Fruit or Vegetable
<b>15</b> Steak Fingers w/Gravy Whole Grain Roll Plus a choice of 2 Mashed Potatoes Fresh Orange Smiles Canned & Fresh Seasonal Fruit	Breaded Chicken on Wheat Bun Plus a choice of 2 Spicy Hash Browns Chilled Sliced Peaches Canned & Fresh Seasonal Fruit	Bean & Cheese Chalupa Plus a choice of 2 Corn on the Cob Fresh Banana Canned & Fresh Seasonal Fruit	<div style="text-align: center;">  <p><b>Holiday Feast</b></p> </div> Roast Turkey & Dressing w/Gravy Hot Wheat Roll Plus a choice of 2 Mashed Potatoes Hot Apple Crisp Canned & Fresh Seasonal Fruit	Hot Dog on a Wheat Bun Macaroni & Cheese Plus a choice of 2 Baked Beans Frozen Juice Bar Canned & Fresh Seasonal Fruit
Baked Potato w/ Cheese & Roll Choice of 1 Fruit or Vegetable	Ham & Cheese Muncher w/Crackers Choice of 1 Fruit or Vegetable	Yogurt Plate Choice of 2 Fruits or Vegetables	Chicken BLT Salad w/Crackers Choice of 1 Fruit or Vegetable	Ham Wrap w/Pickle Spear Choice of 1 Fruit or Vegetable
	<b>Winter Break</b>			
<b>JANUARY MENU AT A GLANCE</b>				
<b>5</b> Pancakes w/Syrup  Chicken Tenders w/ Gravy	<b>6</b> Biscuit & Sausage  Corn Dog	<b>7</b> Breakfast Scramble  Beef & Cheese Nachos	<b>8</b> Cinnamon Roll  Pepperoni Pizza	<b>9</b> Blueberry Muffins  Pizza Cheese Sticks w/Dipping Sauce

Some of your favorite holiday feast foods can actually be good for you! Steamed green beans, applesauce, cranberry sauce, baked sweet potatoes, and white meat turkey are all healthy options packed with vitamins and other nutrients. Use them all to make a nutritious meal!



## Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Breakfast Pizza</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	2 <b>Yogurt &amp; Toast</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	3 <b>Waffle Sticks w/ Syrup</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	4 <b>Biscuit &amp; Chicken</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	5 <b>Bacon &amp; Egg</b> or <b>Bean &amp; Cheese Taco</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
8 <b>Pancakes w/ Syrup</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	9 <b>Biscuit &amp; Sausage</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	10 <b>Breakfast Pizza</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	11 <b>Blueberry Muffins</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	12 <b>Cinnamon Roll</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit
15 <b>Top Your Toast</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	16 <b>Sausage Kolache</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	17 <b>Biscuit &amp; Chicken</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	18 <b>French Toast Sticks w/Syrup</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit	19 <b>Potato &amp; Egg</b> or <b>Bean &amp; Cheese Taco</b> plus a choice of 1 Juice, Fresh Fruit or Chilled Canned Fruit

AVERAGE WEEKLY LUNCH NUTRITIONAL SUMMARY FOR DECEMBER					
Week of	Total Calories	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)
Dec 1-5	621.94	20.24	6.8	27.48	84.18
Dec 8-12	665.30	19.57	6.9	32.67	90.00
Dec 15-19	641.42	20.08	6.2	28.60	89.70

Student Breakfast	\$0.90
Student Reduced Breakfast	\$0.30
Guest Breakfast	\$1.50
Student Lunch	\$1.75
Student Reduced Lunch	\$0.40
Guest Lunch	\$3.00

Breakfast and lunch include a choice of 1% lowfat milk 1% lowfat chocolate milk, 1% lowfat strawberry milk and 2% white.

Breakfast includes entrée & choice of juice, fresh or chilled canned fruit. Cereal & toaster pastries are available daily as alternate breakfast entrées.

Students may choose a combination of any two breakfast entrée items.

Students may decline any breakfast or lunch menu item, however, a minimum of 3 items must be selected. See cafeteria manager or web site for details.

**Menu items containing pork are:**

Chicken BLT Salad, Pepperoni Pizza, Breakfast Pizza, Breakfast Sausage, Bacon & Egg Taco, Breakfast Scramble, Sausage Kolache

**Menu items containing turkey are:**

Corn Dogs, Ham Chef Salad, Ham & Cheese Lunch Muncher, Ham Wrap, Hot Dogs, Turkey Wrap

**Breakfast entrée items that equal 2 entrées are:**

Breakfast Pizza, Breakfast Tacos, Cinnamon Roll, Sausage Kolache

**Meatless Entrées:**

Baked Potato w/Cheese, Bean & Cheese Chalupas, Bean & Cheese Tacos, Cheese Nachos, Cheese Enchiladas, Cheese Pizza, Pizza Cheese Sticks, Yogurt Plate

Log on to: [www.neisd.net/foodserv/HTML/menus.html](http://www.neisd.net/foodserv/HTML/menus.html) to learn about making prepayments and student account information.

- For nutrition information on specific items served in the cafeteria, select the Nutrient Analysis link
- For monthly nutrition & wellness information, select the Nutrition Newsletters or Wellness Presentations link
- For contacting your cafeteria manager, select the Cafeteria Managers link

**Returned checks may be recovered electronically along with the state allowed fee**

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