



Menus are subject to change.
 NISD Food Service/Aramark
 1800 Highway 114, Justin, Texas 76247
 817-215-0007

May 2019
Elementary Lunch Menu
 aramark

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 29**
1. Hamburger or Cheeseburger
 2. Boneless Chicken Wings
 3. Turkey & Cheese Sandwich
 4. SunButter & Jelly Sand.

- 30 Food Show@EHS**
1. Chicken Nachos
 2. Grilled Chicken Sandwich
 3. Cheese Wrap
 4. Fruit, Yogurt, Cheese & Animal Crackers
- Sweet Treat: Whole Grain Cookie*

- 1**
1. Crispy Chicken Sandwich
 2. Chicken Corn Dog
 3. Turkey & Cheese Sub
 4. SunButter & Jelly Sand.

- 2 Fruit Parfait**
1. Tomato Soup & Grilled Cheese
 2. Fish Sandwich
 3. Veggie Baja Salad with Tortilla Chips
 4. SunButter & Jelly Sandwich

- 3 School Lunch Hero**
1. Homemade Cheese Pizza Slice & Sesame
 2. Broccoli & Cheese Potato
 3. BBQ Chicken Wrap
 4. SunButter & Jelly Sandwich

- 6**
1. Hamburger or Cheeseburger
 2. Beef Enchiladas
 3. Fruit, Cheese & Animal Crackers
 4. SunButter & Jelly Sand.

- 7**
1. Beef Salisbury Steak
 2. 100% Beef Hot Dog
 3. Cheese Wrap
 4. SunButter & Jelly Sandwich
- Sweet Treat: Whole Grain Cookie*

- 8**
1. Chicken Fried Rice & Egg Roll
 2. Pizza Sticks
 3. Fajita Chicken Salad
 4. SunButter & Jelly Sand.

- 9 Fruit Parfait**
1. Beef Nachos
 2. Sloppy Joe Sand.
 3. Turkey & Cheese Sub
 4. SunButter & Jelly Sandwich

- 10**
1. Homemade Cheese Pizza Slice & Sesame
 2. Chicken Tenders
 3. Beef Nacho Salad
 4. SunButter & Jelly Sandwich

- 13**
1. Beef Chili Mac
 2. Grilled Cheese
 3. Fajita Chicken Salad
 4. SunButter & Jelly Sandwich

- 14**
1. Boneless Chicken Wings
 2. 100% Beef Hamburger or Cheeseburger
 3. Chicken Cheddar Wrap
 4. SunButter & Jelly Sandwich
- Sweet Treat: Whole Grain Cookie*

- 15**
1. Mac & Cheese
 2. Fish Sandwich
 3. Fruit, Yogurt, Cheese & Animal Crackers
 4. SunButter & Jelly Sandwich

- 16 Ace Jr. Chef Winning**
1. French Toast Sticks with Turkey Sausage
 2. Beef Taco Bowl
 3. Turkey & Cheese Wrap
 4. SunButter & Jelly Sand.
- Jr. Chef Winning Recipe: Parfait Surprise****

- 17**
1. Homemade Cheese Pizza & Sesame
 2. Chicken Fajitas & Rice
 3. Beef & Bean Nacho Salad
 4. SunButter & Jelly Sandwich

- 20**
1. Boneless Chicken Wings
 2. Beef Nachos
 3. Turkey & Cheese Sub
 4. SunButter & Jelly Sandwich

- 21**
1. Penne Pasta & Meat Sauce
 2. Chicken Fajita Quesadilla
 3. Ham & Cheese Sub
 4. SunButter & Jelly Sand.
- Sweet Treat: Whole Grain Cookie*

- 22**
1. Beef Chicken Fried Steak
 2. Hamburger or Cheeseburger
 3. Turkey & Cheese Sand.
 4. SunButter & Jelly Sand.

- 23**
1. Beef Tacos & Rice
 2. Mac & Cheese
 3. Ham & Turkey Sub
 4. SunButter & Jelly Sandwich

- 24 ACE DAY**
1. Homemade Cheese Pizza & Sesame
 2. Hot Tot Burrito
 3. Ham & Cheese Sand.
 4. SunButter & Jelly Sandwich

27 No School
NISD Food Show
April 30
4:30 - 6:30 PM
Eaton HS
 Rewards for attending the Food Show!
RSVP @
www.nisdtx.org/foodservice

- 28**
1. Beef Fingers
 2. Boneless Chicken Wings
 3. Turkey & Cheese Sand.
 4. SunButter & Jelly Sand.
- Whole Grain Cookie*

- 29**
1. Hamburger or Cheeseburger
 2. Crispy Chicken Sandwich
 3. Ham & Cheese Sand.
 4. SunButter & Jelly Sand.

30

1. Sack Lunch

31

1. Sack Lunch



Free Summer Breakfast & Lunch Meals at Seven Hills Elementary!
 More information at www.nisdtx.org/foodservice click on "Free Summer Meals"

Elementary Lunch Combo Meal
 Must choose 3 of the 5 food components (food groups). A fruit, juice or veggie must be taken. May only choose 1 entrée. Entrees count as two food components: grain & meat/meat alternative. May choose up to 6 different items.
Lunch Combo Meal Cost: Elementary Student: \$2.30, Reduced Student: \$0.40
Food Allergy Warning: If the following letter is listed next to entrée, it represents that allergy.
 Egg Milk Soy Wheat
 Many entrees come with a Roll, which contains: & Sesame

Jr. Chef Cooking Academy,
 For 4th-8th Grade NISD Students
 Our Aramark Chef will teach students basic cooking skills. Students will prepare a variety of lunch and snack recipes daily. Every day before leaving camp, students will enjoy their delicious, homemade creations. On completion of the course, each camper will receive a cookbook of the recipes they prepared.
 Go to www.nisdtx.org/foodservice and click on Jr. Chef Academy.

Ace's Jr. Chef Competition Winners		
School	Name	Recipe
Sendera Ranch	Claire D.	Parfait Surprise Grand Prize Winner!
Hatfield	Raelyn M.	Bar-B-Q Chicken Cheesy Pasta Rolls
Love	Travis M.	Cheddar Cheese Quesadilla
Prairie View	Lynnleigh R.	B'LuLu"berry Banan Breakfast Pops
Schluter	Lilly S.	Lilly's Carrot Fries
Beck	Vedha G.	Chick Pea Salad
Hughes	Kaleb R.	Healthy Fried Rice

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May 2019

Elementary Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 1. Egg Bagel Sandwich E M W 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal	30 Food Show@EHS 1. Pancakes E S W 2. Pick 2, different items: Cheese Cubes M Yogurt M Toast M S W Breakfast Round E M S W Cereal	1 1. Cinnamon & Sugar Donut M S W <i>Whole Grain, Baked -Not Fried</i> 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal	2 1. Turkey Sausage Pancake Wrap on a Stick E S W 2. Pick 2, different items: Cheese Cubes M Yogurt M Toast M S W Breakfast Round E M S W Cereal	3 School Lunch Hero 1. Egg, Cheese & Tater Tot Taco E M W 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal
6 1. Biscuit & Gravy E M S W 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal	7 1. Cherry Frudel M W 2. Pick 2, different items: Cheese Cubes M Yogurt M Toast M S W Breakfast Round E M S W Cereal	8 1. Chocolate Glazed Donut M S W <i>Whole Grain, Baked -Not Fried</i> 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal	9 1. Chicken Bagel Melt M S W 2. Pick 2, different items: Cheese Cubes M Yogurt M Toast M S W Breakfast Round E M S W Cereal	10 1. Cinnamon Roll M S W 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal
13 1. Biscuit & Egg Melt E M S W 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal	14 1. French Toast Sticks S W 2. Pick 2, different items: Cheese Cubes M Yogurt M Toast M S W Blueberry Loaf E M S W Cereal	15 1. Powdered Sugar Donut Holes M S W <i>Whole Grain, Baked -Not Fried</i> 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal	16 1. Egg Bagel Sand. E M W 2. Pick 2, different items: Cheese Cubes M Yogurt M Toast M S W Blueberry Loaf E M S W Cereal	17 1. Turkey Sausage Pancake Wrap on a Stick E S W 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal
20 1. Waffles E M S W 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal	21 1. Chicken Biscuit Sandwich M S W 2. Pick 2, different items: Cheese Cubes M Yogurt M Toast M S W Blueberry Loaf E M S W Cereal	22 1. Cinnamon & Sugar Donut Holes M S W <i>Whole Grain, Baked -Not Fried</i> 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal	23 1. Egg, Cheese & Tater Tot Taco E M W 2. Pick 2, different items: Cheese Cubes M Yogurt M Toast M S W Blueberry Loaf E M S W Cereal	24 ACE DAY 1. Pancakes E S W 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal
27 facebook.com/AramarkNISD www.instagram.com/northwest_aramark www.nisdtx.org/foodservice Northwest ISD Food Service/Aramark 1800 Highway 114, Justin, Texas 76247 817-215-0007	28 1. Chicken Biscuit Sandwich M S W 2. Pick 2, different items: Cheese Cubes M Yogurt M Toast M S W Blueberry Loaf E M S W Cereal	29 1. Glazed Donut M S W <i>Whole Grain, Baked -Not Fried</i> 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal	30 1. French Toast Sticks S W 2. Pick 2, different items: Cheese Cubes M Yogurt M Toast M S W Blueberry Loaf E M S W Cereal	31 1. Waffles E M S W 2. Pick 2, different items: SunButter String Cheese M Yogurt M Toast* M S W Cereal

Breakfast Combo Meal: Students must choose 3 items. 1 must be a fruit. May choose 1 entrée, 1 juice & 1 or 2 canned/fresh fruit(s).

Breakfast Combo Meal Price: Student: \$1.35, Reduced Student: \$0.30,

Daily Cereal Options

1. Cocoa Puff, reduced sugar, whole grain
2. Lucky Charms, whole grain **W**
3. Cinnamon Toast Crunch, reduced sugar, whole grain **S W**
4. Cinnamon Chex, whole grain
5. Trix, whole grain

Food Allergy Warning: If the following letter is listed next to entrée, it represents that allergy. **E** Egg **M** Milk **W** Wheat **S** Soy

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.asc.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

FREE
CURLY STRAW
 for all students that get a **SCHOOL BREAKFAST** on Friday, May 24th

Create A Thank You Card For Your Cafeteria Staff & Your Entire School Could Win An Ice Cream Sandwich!

1 Grand Prize Winner: The school that has the **greatest %** of students create a thank you card for their kitchen staff will win an ice cream sandwich for all students on May 10th.

All School Prize: **Any school that has 10% of students** make the kitchen staff a thank you card, we will offer a free ice cream sandwich to all students that get a Lunch Combo meal on May 10th. Students must get a combo meal on May 10th to receive the ice cream sandwich.

