

MONDAY

- 23**
1. Chicken Parmesan Flatbread
 2. Ham & Turkey Salad
 3. Chicken & Chili Crispos
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

TUESDAY

- 24**
1. Chicken Corn Dog
 2. Turkey & Cheese Sub.
 3. Chicken or Beef Nachos or Soft Tacos
 4. Boneless Chicken Wings
 - 5-11. Everyday Specials

WEDNESDAY

- 25**
1. Orange Popcorn Chicken with Lo Mein
 2. Spicy Chicken Salad
 3. Chicken & Cheese Burrito
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

THURSDAY

- 26**
1. Spaghetti & Meat Sauce
 2. Ham & Cheese Sub
 3. Chicken Soft Taco
 4. Honey Sriracha Boneless Chicken Wings
 - 5-11. Everyday Specials

FRIDAY

- 27**
1. BBQ Chicken & Cheddar Baked Potato
 2. Fruit, Yogurt & Cheese Plate
 3. Beef Quesadilla
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 30**
1. Beef Chicken Fried Steak
 2. Ham & Turkey Salad (All-American Salad)
 3. Cheesy Beef Tater Bite Burrito
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 1** **Free & Reduced Deadline**
1. BBQ Pork Sandwich
 2. Turkey & Cheese Sub
 3. Chicken or Beef Nachos or Soft Tacos
 4. Boneless Chicken Wings
 - 5-11. Everyday Specials

- 2**
1. Country Popcorn Chicken Bowl
 2. Popcorn Chicken Salad
 3. Korean Beef Fajita
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 3**
1. Garlic Chili Sauce
 2. Ham & Cheese Sub
 3. Crunchy Beef Taco
 4. Honey Sriracha Boneless Chicken Wings
 - 5-11. Everyday Specials

- 4**
1. Penne Alfredo w Chicken
 2. Fruit, Yogurt & Cheese Plate & Animal Crackers
 3. Beef Walking Taco
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 7**
1. Backyard Burger
 2. Ham & Turkey Salad
 3. Hawaiian Chicken Tacos
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 8**
1. Chicken Waffle Sand.
 2. Turkey & Cheese Sub
 3. Chicken or Beef Nachos or Soft Tacos
 4. Boneless Chicken Wings
 - 5-11. Everyday Specials

- 9**
1. Pizza Max Sticks
 2. Spicy Popcorn Chicken Salad
 3. Hawaiian Chicken Tacos
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 10**
1. Corn Dog with Mac & Cheese
 2. Ham & Cheese Sub
 3. Hawaiian Chicken Tacos
 4. Honey Sriracha Boneless Chicken Wings
 - 5-11. Everyday Specials

- 11**
1. Chicken Fried Steak Fingers & a Biscuit
 2. Fruit, Yogurt & Cheese Plate & Animal Crackers
 3. Hawaiian Chicken Tacos
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 14**
- Hawaiian Chicken Tacos**
- 

- 15**
1. Breaded Chicken Drumstick & Biscuit
 2. Turkey & Cheese Sub
 3. Chicken or Beef Nachos or Soft Tacos
 4. Boneless Chicken Wings
 - 5-11. Everyday Specials

- 16**
1. Bacon & Cheese Potato w/ Corn Muffin
 2. Spicy Popcorn Chicken Salad
 3. Cheesy Beef Tater Bite Burrito
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 17**
1. Fried Rice w/ Veggie Egg Roll
 2. Ham & Cheese Sub
 3. Chicken Walking Taco
 4. Honey Sriracha Boneless Chicken Wings
 - 5-11. Everyday Specials

- 18**
1. Country Popcorn Chicken Bowl & Biscuit
 2. Fruit, Yogurt & Cheese Plate w/ Animal Crackers
 3. Chicken Quesadilla
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 21**
1. Fish Sticks with Mac & Cheese
 2. Ham & Turkey Salad
 3. Crispito w/ Cheese
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 22**
1. Beef Fingers & Biscuit
 2. Turkey & Cheese Sub
 3. Chicken or Beef Nachos or Soft Tacos
 4. Boneless Chicken Wings
 - 5-11. Everyday Specials

- 23**
1. Jumbo Cheese Ravioli w/ Toasted Parmesan and Garlic Ciabatta
 2. Popcorn Chicken Salad
 3. Chicken Enchiladas
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 24**
1. Popcorn Chicken with Garlic Chili Sauce & Brown Rice
 2. Ham & Cheese Sub
 3. Spicy Beef Taco
 4. Honey Sriracha Boneless Chicken Wings
 - 5-11. Everyday Specials

- 25**
1. 100% Beef Hot Dog
 2. Kickin' Bean & Beef Rice Bowl & Tortilla Chips
 3. Fruit, Yogurt & Cheese Plate Animal Crackers
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

Middle School Lunch Combo Meal

Must choose 3 of the 5 food components: fruit, veggie, grain, meat/meat alternative and dairy. A fruit, juice or veggie **MUST** be taken. Entrees count as two food components: grain & meat/meat alternative. Entree & milk are optional. Only one entree is included in the combo meal, but an additional entree may be purchased for \$2. Six different items are included in the combo meal. Additional or duplicate sides may be purchased for \$0.75.

Middle School Students Combo Meal: \$2.70
Reduced Student: \$0.40 | Free Student: \$0

Everyday Specials

1. Papa John's Pepperoni Pizza Slice
2. Papa John's Cheese Pizza Slice
3. 100% Beef Hamburger
4. 100% Beef Cheeseburger
5. Crispy Chicken Sandwich
6. Spicy Crispy Chicken Sandwich
7. Sunflower Butter & Jelly Sandwich

Aramark relies on our vendors' allergy warnings & ingredient listing. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions & cross-contact with allergens is possible, Aramark can't guarantee that any food item will be completely free of allergens.

Free & Reduce-Priced School Meals Grace

Period Ends Oct. 1st! Children that received free or reduce-priced meals last school year are automatically receiving their meal benefits for the first 30 days of school. October 1st is the last day for parents and guardian to submit a new application for this school year. After October 1st, only students who submitted a 2019-2020 application and qualified for the program will receive free or reduce-priced school meals. If a child falls off the program once the grace period ends, all charges accrued are the parents/guardians responsibility. **Apply online:**

<http://northwestisd.schoollunchapp.com>
aramark



Menus are subject to change.

NISD Food Service/Aramark

220 County Road 4840 Haslet, TX 76052 | 817-215-0007

Sept. 23rd - Oct. 25th 2019

Middle School Breakfast Menu

Menus are subject to change without notice.

facebook.com/AramarkNISD

www.instagram.com/northwest_aramark

www.nisdtx.org/foodservice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 23**
1. Apple Frudel
 2. Turkey Sausage Pancake on a Stick
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 24**
1. Chocolate Glazed Donut.
Whole Grain, Baked -Not Fried
 2. Egg & Cheese Donut Breakfast Melt
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 25**
1. Sausage, Cheese & Egg Taco
 2. Mini Cinnamon Creamy Cheese Bagels.
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 26**
1. Waffles
 2. Sausage Kolache
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 27**
1. Cinnamon Sugar Donut Holes
 2. Egg Biscuit Sand.
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 30**
1. Cheese & Chicken Sausage Quesadilla
 2. French Toast Sticks
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 1** **Free & Reduced Deadline**
1. Powdered Sugar Donut Holes
 2. Sausage Biscuit Sand.
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 2**
1. Scrambled Egg, Hash Brown & Toast
 2. Confetti Pancakes
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 3**
1. Sausage Breakfast Pizza
 2. Cocoa Puff Filled Bar
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 4**
1. Egg, Bacon & Cheddar Flatbread Sandwich
 2. Vanilla Glazed Donut
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 7**
1. 2 Waffles
 2. Chicken Biscuit Sand.
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 8**
1. Egg & Cheese English Muffin Sand.
 2. Cinnamon & Sugar Donut
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 9**
1. Cheesy Egg & Potato Breakfast Tacos
 2. Apple Frudel
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 10**
1. Pancakes
 2. Sausage & Egg Biscuit Melt
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 11**
1. Bacon & Egg Biscuit
 2. Cocoa Powder Donut Holes
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

14
No School

- 15**
1. Vanilla Glazed Donut
Whole Grain, Baked -Not Fried
 2. Egg & Cheese English Muffin
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 16**
1. Sausage Breakfast Pizza
 2. Mini Strawberry Creamy Cheese Bagels
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 17**
1. Bacon, Egg & Cheese Breakfast Tacos
 2. Turkey Pancake Wrap
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 18**
1. Sausage & Cheese Biscuit Sand.
 2. Cinnamon Sugar Donut
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 21**
1. Biscuit & Gravy
 2. Mini Cinnamon Creamy Cheese Bagels
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 22**
1. Pumpkin Spice Donut Holes
 2. Country Chicken Biscuit
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 23**
1. Scrambled Egg, Hash Brown & Toast
 2. French Toast Sticks
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 24**
1. Cinnamon Roll
 2. Bacon & Egg English Muffin Sand.
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

- 25**
1. Cinnamon Sugar Donut
 2. Sausage & Cheese Biscuit Sand.
 3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

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).
Student: \$1.35, Reduced Student: \$0.30, Free Student: \$0

Daily Cereal Options

1. Cocoa Puff, *reduced sugar, whole grain*
2. Lucky Charms, *whole grain*
3. Cinnamon Toast Crunch, *reduced sugar, whole grain*
4. Cinnamon Chex, *whole grain, gluten-free*

SCHOOL MENUS NOW AT YOUR FINGERTIPS!

See NISD menus on the web... nisdtx.nutrislice.com

or download the Nutrislice app for FREE

Available on the App Store and Google Play

Payment Options: School cafes accept cash & check payments. Credit Cards are accepted online through My School Bucks, www.myschoolbucks.com. Online payments are charged a convenience fee of \$2.40 per transaction. **All online payments take 24 hours to appear on your child's accounts.**

