

refresh refuel relax

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**

**29**

1. Penne & Meatballs
2. Chicken Tenders
3. Fruit, Yogurt & Animal Crackers
- 4-8. Everyday Specials

**30 Food Show@EHS**

1. Chicken Quesadilla
2. Turkey & Cheese Sand.
3. Build Your Own: Taco or Nachos
4. 100% Beef Hot Dog
- 5-9. Everyday Specials

**1**

1. Pizza Sticks
2. Nacho Bean Salad
3. Boneless Chicken Wings
- 4 - 8. Everyday Specials

**2 Fruit Parfait**

1. Chicken Soft Tacos
2. Turkey & Cheese Sub
- 3-5. Build Your Own 100% Beef Hamburger or Chicken (Reg or Spicy) Sand.
- 6-8. Everyday Specials

**3 School Lunch Hero**

1. Salisbury Steak
2. Baja Chicken Salad
3. BBQ Chicken Sand.
- 4 - 8. Everyday Specials

**6**

1. Beef Chicken Fried Steak
2. Nacho Beef & Bean Salad
3. Chicken Tender
- 4 - 8. Everyday Specials

**7**

1. Tomato Soup & Grilled Cheese
2. Turkey Sub
3. Chicken Corn Dog
4. Build Your Own: Taco or Nachos
- 5 - 9. Everyday Specials

**8**

1. Beef Meat Sauce & Pasta
2. Fruit, Cheese & Animal Crackers
3. Boneless Chicken Wings
- 4 - 8. Everyday Specials

**9 Fruit Parfait**

1. Beef Meatloaf
2. Chicken Cheese Wrap
- 3-5. Build Your Own 100% Beef Hamburger or Chicken (Reg or Spicy) Sand.
- 6-8. Everyday Specials

**10**

1. Chicken Fried Rice & Egg Roll
2. Fajita Chicken Salad
3. Beef & Bean Burrito
- 4 - 8. Everyday Specials

**13**

1. Hamburger Mac & Cheese
2. Fajita Chicken Nacho Salad
3. Chicken Tenders
- 4 - 8. Everyday Specials, see bottom of menu

**14**

1. Sloppy Joe Sand.
2. Chicken Cheese Wrap
4. Build Your Own: Taco or Nachos
5. Fish Sandwich
- 6-9. Everyday Specials

**15**

1. Korean Beef Bowl
2. Fruit, Cheese & Yogurt Salad
3. Boneless Chicken Wings
- 4-8. Everyday Specials

**16 Fruit Parfait**

1. Beef Taco Bowl
2. Turkey & Cheese Wrap
3. Build Your Own Hamburger or Chicken (Reg or Spicy) Sand.
- 5-9. Everyday Specials

**17**

1. Chicken Fajitas
2. Beef & Bean Nacho Salad
3. Hot Tot Wrap
- 4-8. Everyday Specials

**20**

1. Beef Chili Dog
2. Ham & Cheese Sub
3. Chicken Tenders
- 4 - 8. Everyday Specials

**21**

1. BBQ Beef Melt
2. Turkey & Cheese Sand.
3. Mini Corn Dogs
4. Build Your Own: Taco or Nachos
- 5 - 9. Everyday Specials

**22**

1. Chicken Alfredo Bake
2. Turkey & Cheese Sub
3. Boneless Chicken Wings
- 4 - 8. Everyday Specials

**23**

1. Hamburger Mac & Cheese
2. Turkey & Cheese Sub
- 3-5. Build Your Own Hamburger or Chicken (Reg or Spicy) Sand.
- 6-8. Everyday Specials

**24**

1. Chicken Fajitas
2. Ham & Cheese Sub
3. Hot Tot Wrap
- 4-8. Everyday Specials

**27**

No School

facebook.com/AramarkNISD

www.instagram.com/northwest\_aramark

www.nisdtx.org/foodservice

**28**

1. Corn Dog
2. Turkey & Cheese Sub
3. Papa John's Pizza
4. 100% Beef Hamburger or Cheeseburger
5. Spicy Chicken Sand.

**29**

1. Crispy Chicken Sand.
2. Turkey & Cheese Sub
3. Papa John's Pizza
4. 100% Beef Hamburger or Cheeseburger
5. Boneless Chicken Wings

**30**

1. Sack Lunch

**31**

1. Sack Lunch

**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](http://www.nisdtx.org/foodservice) & click on Jr. Chef Academy.**

**Everyday Specials**

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

**Middle School 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.  
Students: \$2.65, Reduced Student: \$0.40

**NISD Food Show: April 30**  
**Eaton HS from 4:30 - 6:30 PM**

The school with the most attendees will receive a **\$300 NISD catering gift card for their PTA.**  
Parents, attend the food show & complete a survey so your children will receive a **FREE treat on May 2.**  
**Must RSVP to attend! RSVP @ [www.nisdtx.org](http://www.nisdtx.org) and click on "Food Show"**

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MONDAY

**29**  
**1. French Toast Sticks**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

TUESDAY

**30 Food Show @EHS**  
**1. Vanilla Glazed Donut**  
*Whole Grain, Baked -Not Fried*  
**2. Pick 2, different items:**  
 Cheese Cubes  
 Yogurt  
 Toast  
 Breakfast Round  
 Cereal

WEDNESDAY

**1**  
**1. Eggs, Hash Brown & Toast**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

THURSDAY

**2**  
**1. Cheesy Tater & Egg Taco**  
**2. Pick 2, different items:**  
 Cheese Cubes  
 Yogurt  
 Toast  
 Breakfast Round  
 Cereal

FRIDAY

**3 School Lunch Hero**  
**1. Cinnamon Roll**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**6**

**1. Biscuit & Gravy**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**7**

**1. Chocolate Donut**  
*Whole Grain, Baked -Not Fried*  
**2. Pick 2, different items:**  
 Cheese Cubes  
 Yogurt  
 Toast  
 Breakfast Round  
 Cereal

**8**

**1. Apple Bosco Stick**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**9**

**1. Waffles**  
**2. Pick 2, different items:**  
 Cheese Cubes  
 Yogurt  
 Toast  
 Breakfast Round  
 Cereal

**10**

**1. Sausage Bagel Melt**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**13**

**1. Kolaches**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**14**

**1. Powdered Sugar Donut Holes**  
*Whole Grain, Baked -Not Fried*  
**2. Pick 2, different items:**  
 Cheese Cubes  
 Yogurt  
 Toast  
 Breakfast Round  
 Cereal

**15**

**1. Scrambled Egg, Hash Brown & Toast**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**16**

**1. Egg Biscuit Sandwich**  
**2. Pick 2, different items:**  
 Cheese Cubes  
 Yogurt  
 Toast  
 Breakfast Round  
 Cereal

**17**

**1. Breakfast Pizza**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**20**

**1. Turkey Sausage & Pancake on a Stick**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**21**

**1. Maple Glazed Donut**  
*Whole Grain, Baked -Not Fried*  
**2. Pick 2, different items:**  
 Cheese Cubes  
 Yogurt  
 Toast  
 Breakfast Round  
 Cereal

**22**

**1. Scrambled Egg, Hash Brown & Toast**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**23**

**1. French Toast Sticks**  
**2. Pick 2, different items:**  
 Cheese Cubes  
 Yogurt  
 Toast  
 Breakfast Round  
 Cereal

**24**

**1. Bacon & Egg Biscuit Sandwich**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**27**

**No School**  
**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*

**28**

**1. Cinnamon & Sugar Donut**  
*Whole Grain, Baked -Not Fried*  
**2. Pick 2, different items:**  
 Cheese Cubes  
 Yogurt  
 Toast  
 Breakfast Round  
 Cereal

**29**

**1. Chicken Biscuit Melt**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**30**

**1. Egg Bagel Sandwich**  
**2. Pick 2, different items:**  
 Cheese Cubes  
 Yogurt  
 Toast  
 Breakfast Round  
 Cereal

**31**

**1. Pancakes**  
**2. Pick 2, different items:**  
 SunButter  
 String Cheese  
 Yogurt  
 Toast\*  
 Cereal

**Breakfast Combo Meal:** MUST choose 3 items and 1 MUST be a fruit. A "Pick 2" entree, counts as 1 food item.

**Breakfast Combo Meal Prices**  
 Student: \$1.35



**Free Summer Breakfast & Lunch Meals!**

More information at [www.nisdtx.org/foodservice](http://www.nisdtx.org/foodservice) click on "Free Summer Meals"

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.

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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.