

# NacISD Elementary Schools

# DUKE'S DRAGON BITES

2018  
February



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	5	<b>BF:</b> CEREAL BAR/CHEESE STICK/PEACH CUP PRE K CEREAL	6	<b>BF:</b> BREAKFAST PIZZA/APPLE SAUCE	7	<b>BF:</b> PIG-N-BLANKET/MIXED FRUIT CUP	8	<b>BF:</b> YOGURT/GRITS/APPLE SLICES	9
NO SCHOOL		HAMBURGERS or CORNDOG TATER TOTS BAKED BEANS RAISELS MILK		SEA SHAPED FISH NUGGETS Or NACHO BITES GREEN BEANS/SALSA CUP MAC&CHEESE/PEACHES Milk		SPAGHETTI&MEATBALLS or CHEF SALAD BREAD STICK/MARINARA CUP BROCCOLI FLORETS/ORANGE MILK		PABLANO WRAP or CHILI&RICE PINTO BEANS/CORNBREAD ROMAINE & SPINACH SALAD GRAPES MILK	
<b>BF:</b> MINI POWDERED DONUTS/PEACH CUP	12	<b>BF:</b> BREAKFAST PIZZA/MANDARIN ORANGE CUP	13	<b>BF:</b> BEEF SAUSAGE ON BUN/MIXED FRUIT CUP	14	<b>BF:</b> MINI WAFFLES /PINEAPPLE CUP	15	<b>BF:</b> MUFFIN/CHEESE STICK/APPLE SLICES	16
BEEF EMPANADA OR PIZZA CORN SEASONED CARROTS CRANBERRIES MILK		OVEN FRIED CHICKEN or STEAK FINGERS/ROLL POTATO SMILES/GREEN BEANS APRICOTS MILK		LITTLE SMOKIES or FISH NUGGETS SWEET POTATO TOTS/BAKED BEANS/ MAC&CHEESE COOL TROPICS 100% JUICE SLUSHIE/MILK		SALISBURY STEAK or PORK CHOP MASHED POTATOES/ROLL TURNIP GREENS STRAWBERRY CUP MILK		GRILLED CHEESE or SUB SANDWICH TOMATO SOUP BROCCOLI BITES PEARS MILK	
<b>BF:</b> VERTICAL BAR/CHEESE STICK/MANDARIN ORANGE/PRE K CEREAL	19	<b>BF:</b> VERTICAL BAR/CHEESE STICK/MANDARIN ORANGE/PRE K CEREAL	20	<b>BF:</b> BREAKFAST PIZZA/MANDARIN ORANGE	21	<b>BF:</b> KOLACHE/MIXED FRUIT CUP	22	<b>BF:</b> BEEF SAUSAGE ON BUN/PINEAPPLE CUP	23
CHILI DOG OR HOT POCKET OVEN FRIES PURPLE HULL PEAS PINEAPPLE TIDBITS MILK		TACO ROLL CHEESE NACHOS PINTO BEANS MEXICALI CORN PEACHES/MILK		SCRAMBLED EGG/SAUSAGE LINK HAM AND CHEESE CROISSANT SEASONED SWEET POTATO CUBES FRENCH TOAST STICKS/SALSA CUP FRUIT JUICE/MILK		CHICKEN SPAGHETTI/BREADSTICK Or MINI CORN DOGS GREEN BEANS ROMAINE&SPINACH SALAD BANANA/MILK		CHEESE PIZZA or CHUCKWAGON W/BOSCO CHEESE STICK/SEASONED CARROTS CELERY W/DIP/GRAPES MILK	
	26	<b>BF:</b> CINNI-MINI/PEACH CUP/PRE K CEREAL	27	<b>BF:</b> BREAKFAST PIZZA/MANDARINE ORANGE CUP	28	<b>BF:</b> KOLACHE/MIXED FRUIT	1	<b>BF:</b> BREAKFAST SAUSAGE ON BUN/PINEAPPLE CUP	2
NO SCHOOL		MR RIB ON BUN CHICKEN SANDWICH SEASONED POTATO WEDGES BAKED BEANS APPLE SAUCE CUP MILK		CHICKEN CRISPITO CHICKEN FAJITA TACO REFRIED BEANS TOSTITO CHIPS /SALSA CUP ICE DOG FRUIT SLUSHIE MILK		CHICKEN NUGGET/STEAK FINGERS MASHED POTATO W/GRAVY TX TOAST SEASONED CARROTS PEARS MILK		PIZZA/BBQ ON BUN ROMAINE&SPINACH SALAD CORN APRICOTS MILK	
<b>BF:</b> POPTART/PEACH CUP PRE K CEREAL	5	<b>BF:</b> BREAK.PIZZA/APPLESAUCE	6	<b>BF:</b> PIG-N-BLANKET/MIXED FRUIT	7	<b>BF:</b> MINI BAGEL/PEAR CUP	8	<b>BF:</b> BREAK BURRITO/APPLE SLICES	9
RAVIOLI/BREAD STICK PIZZA SEASONED CARROTS CORN/MIXED FRUIT MILK		ASIAN CHICKEN or EGG ROLL NOODLES STIR FRY VEGETABLES ROMAINE&SPINACH SALAD PINEAPPLE TIDBITS/MILK		BBQ ON BUN or FISH SANDWICH SPICY SWEET POTATO FRY CAJUN RED BEANS COOL TOPICS FRUIT SLUSHIE MILK		STEAK FINGERS or CHICKEN FRIES MASHED POTATO/GRAVY TX TOAST/GREEN BEANS APPLESAUCE/MILK		CHICKEN QUESADILLA FRITO PIE PINTO BEANS SALSA CUP PEACHES/MILK	

BREAKFAST IN THE CLASSROOM EVERY MORNING

## Nutrition Know How

A meal consists of 5 Components:



1. Meat



2. Grain



3. Vegetable



4. Fruit



5. Milk

A student must take at least three components of the menu and one of those components must be a fruit or vegetable.

Menu substitutions may occur.

## Prices

-Student \$2.15  
-Reduced \$0.40  
-Adult/Visitor \$3.50



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