

NISD Middle Schools

MIGHTY DRAGON BITES

2018
February






MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	5	BF: CEREAL BAR/STRING CHEESE/PEACH CUP	6	BF: BREAKFAST PIZZA/MANDARIN ORANGE CUP	7	BF: PIG-N-BLANKET/MIXED FRUIT CUP	8	BF: YOGURT/ GRIPS/APPLE SLICES	9
NO SCHOOL		CHEESE BURGER or CORN DOG TATER TOTS/BAKED BEANS LETTUCE & PICKLES RAISELS/ORANGE WEDGES MILK		FISH NUGGETS or NACHO BITES MAC & CHEESE/GREEN BEANS SALSA CUP PEACHES/PEARS MILK		SPAGHETTI & MEATBALLS or CHEF SALAD BREAD STICK/MARINARA CUP BROCCOLI & CHEESE STRAWBERRY/APPLES		FRITO PIE or CHICKEN QUESADILLA PINTO BEANS/CORNBREAD ROMAINE & SPINACH SALAD PEACHES/MILK	
BF: MINI POWDERED DONUT/PEACH CUP	12	BF: BREAKFAST PIZZA/MANDARIN ORANGE CUP	13	BF: BEEF SAUSAGE ON A BUN/MIXED FRUIT	14	BF: MINI WAFFLES/PEAR CUP	15	BF: MUFFIN&CHEZ STIX/APPLE SLICES	16
BEEF EMPANADA OR PIZZA CORN SEASONED CARROTS CRANBERRIES PEACH CUP/MILK		OVER FRIED CHICKEN OR STEAK FINGERS/ ROLL POTATO SMILES GREEN BEANS APRICOTS/APPLE/MILK		LITTLE SMOKIES OR MINI RIBLETTES MAC&CHEESE/BAKED BEANS BANANA/SWEET POTATO TOTS COOL TOPICS FRUIT SLUSHIE/MILK		SALISBURY STEAK MASHED POTATOES/GRAVY/ROLL GRAPE /STRAWBERRY CUP TURNIP GREENS MILK		GRILLED CHEESE/SUB SANDWICH TOMATO SOUP BROCCOLI BITES PEARS GRAPES	
BF: VERTICAL BAR/CHEZ STIX/MANDARIN ORANGE	19	BF: BREAKFAST PIZZA/APPLESAUCE	20	BF: CHEESE QUESADILLA/MIXED FRUIT	21	BF: HONEY BUN/PEAR CUP	22	BF: MINI PANCAKES/APPLES SLICES	23
CHILI DOG or HOT POCKET OVEN FRIES/PURPLE HULL PEAS PINEAPPLE TIDBITS/CRANBERRIES MILK		TACO ROLL CHEESE NACHOS MEXICALI CORN PINTO BEANS/APPLES SLICED PEACHES/MILK		SCRAMBLED EGG/SAUSAGE LINK HAM AND CHEESE CROISSANT SEASONED SWEET POTATO CUBES FRENCH TOAST STICKS JICAMA/ORANGE WEDGES/FRUIT JUICE/MILK		CHICKEN SPAGHETTI or MINI CORN DOGS/GREEN BEANS ROMAINE&SPINACH SALAD STRAWBERRY/PINEAPPLE CHUNKS/MILK		CHEESE PIZZA OR CHUCKWAGONW/BOSCO CHEZ STIX/SEASONED CARROTS/CELERY STICK W/DIP/GRAPES/MIXED FRUIT/MILK	
	26	BF: CINNI-MINI/PEACH CUP	27	BF: KOLACHE/MIXED FRUIT CUP	28	BF: BEEF SAUSAGE ON BUN/PINEAPPLE CUP	1	BF: MINI WAFFLES/APPLE SLICE	2
NO SCHOOL		MR RIB ON BUN CHICKEN ON BUN SEASONED POTATO WEDGES BAKED BEANS/APPLESAUCE CRANBERRIES/MILK		CHICKEN CRISPITO TACO ROLL/REFRIED BEANS SALSA CUP/TOSTITO CHIPS ICE DOG FRUIT SLUSHIE /RAISELS MILK		CHICKEN NUGGET/ STEAK FINGERS MASHED POTATO W/GRAVY TX TOAST/GREEN BEANS RAISELS/PEARS MILK		PIZZA/BBQ ON BUN ROMAINE&SPINACH SALAD CORN/APRICOTS ORANGE WEDGES MILK	
BF: POPTART/PEACH CUP	5	BF: BREAKFAST PIZZA/APPLESAUCE	6	BF: PIG-N-BLANKET/MIXED FRUIT	7	BF: MINI BAGEL/PEAR CUP	8	BF: BREAK BURRITO/APPLE SLICES	9
RAVIOLI/BREAD STICK PIZZA SEASONED CARROTS/CORN MIXED FRUIT PEARS/MILK		ASIAN CHICKEN/EGG ROLL CRANBERRIES/NOODLE STIR GRY VEGETABLES ROMAINE&SPINACH SALAD PINEAPPLE TIDBITS/MILK		BBQ ON BUN/FISH SANDWICH SPICY SWEET POTATO FRY CAJUN RED BEANS COOL TOPICS FRUIT SLISHIE APPLES/MILK		STEAK FINGERS/CHICKEN FRIES MASHED POTATOES/GRAVY TX TOAST/GREEN BEANS STRAWBERRY CUP/APPLES MILK		CHICKEN QUESADILLA/FRITO PIE PINTO BEANS/JICAMA SALSA CUP PEACHES/FRUIT JUICE MILK	

JOIN US FOR BREAKFAST EVERY MORNING

Nutrition Know How

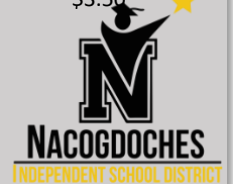
A meal consists of 5 Components:

-  Meat
-  Grain
-  Vegetable
-  Fruit
-  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 \$2.60
-Reduced \$0.40
-Adult/Visitor \$3.50



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