

NacISD Elementary Schools

DUKE'S DRAGON BITES

2018
JANUARY



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		2		3		4		5
NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL	
BF: MINI POWDERED DONUTS/PEACH CUP	8	BF: BREAKFAST PIZZA/MANDARIN ORANGE CUP	9	BF: BEEF SAUSAGE ON BUN/MIXED FRUIT CUP	10	BF: MINI WAFFLES /PINEAPPLE CUP	11	BF: BREAK.PIZZA/MANDARIN ORANGE CUP	12
BEEF EMPANADAS or PIZZA CORN SEASONED CARROTS CRAISINS MILK		OVEN FRIED CHICKEN or STEAK FINGERS POTATO SMILES/ROLL GREEN BEANS APRICOTS/MILK		LITTLE SMOKIES or MINI RIBLETTES SWEET POTATO TOTS/BAKED BEANS/ MAC&CHEESE COOL TROPICS 100% JUICE SLUSHIE/MILK		SALISBURY STEAK or PORK CHOP MASHED POTATO/ROLL TURNIP GREENS STRAWBERRY CUP MILK		GRILLED CHEESE or SUB SANDWICH TOMATO SOUP BROCCOLI BITES PEARS MILK	
	15	BF: VERTICAL BAR/CHEESE STICK/MANDARIN ORANGE CUP	16	BF: CHEESE QUESADILLA /MIXED FRUIT CUP	17	BF: HONEY BUN/PEAR CUP	18	BF: MINI PANCAKES/APPLE SLICES	19
NO SCHOOL MARTIN LUTHER KING DAY		TACO ROLL or CHEESE NACHOS PINTO BEANS MEXICALI CORN PEACHES MILK		SCRAMBLED EGGSTRAVAGANZA SAUSAGE LINK or HAM&CHEESE CROISSANT/SWEET POTATO CUBES/FRENCH TOAST STICKS JICAMA/FRUIT JUICE/MILK		MEATBALL SUB or CHUCKWAGON w/BOSCO CHEESE STICK/ROMAINE & SPINACH SALAD/ GREEN BEANS BANANA MILK		MINI CORNDOGS or PIZZA SEASONED CARROTS CELERY STICKS/DIP GRAPES MILK	
BF: CINI- MINI/PEACH CUP	22	BF: BREAK.PIZZA/MANDARIN ORANGE CUP	23	BF: KOLACHE/MIXED FRUIT CUP	24	BF: BEEF SAUSAGE ON BUN/PINEAPPLE CUP	25	BF: MINI WAFFLES/APPLE SLICES	26
MR RIB or PB&J SEASONED POTATO WEDGES BAKED BEANS APPLESAUCE CUP MILK		CHICKEN CRISPITO or PABLANO WRAP REFRIED BEANS TORTILLA SCOOPS/SALSA CUP PEARS/ MILK		CHICKEN NUGGET or STEAK FINGERS MASHED POTATOES/GRAVY GREEN BEANS/TX TOAST ICE DOG 100% FRUIT SLUSHIE MILK		PIZZA or CHICKEN SANDWICH ROMAINE & SPINACH SALAD CORN ORANGE WEDGES MILK		POPCORN CHICKEN or CHEF SALAD CURLY FRIES/ ROLL CARROTS W/RANCH GRAPES MILK	
BF: POPTART/PEACH CUP	29	BF: BREAK.PIZZA/APPLESAUCE	30	BF: PIG IN A BLANKET /MIXED FRUIT CUP	31	BF: MINI BAGEL/PEAR CUP	1	BF: BREAKFAST BURRITO/APPLE SLICES	2
RAVIOLI/BREAD STICK or PIZZA SEASONED CARROTS CORN MIXED FRUIT MILK		ASIAN CHICKEN/NOODLES or EGG ROLL STIR FRY VEGETABLES ROMAINE & SPINACH SALAD COOL TROPICS 100%JUICE SLUSHIE		BBQ ON BUN FISH SANDWICH TATOR TOTS CAJUN RED BEANS PINEAPPLE TIDBITS MILK		STEAK FINGERS or CHICKEN FRIES MASHED POTATOES/GRAVY GREEN BEANS/TX TOAST APPLESAUCE MILK		CHICKEN QUESADILLA or FRITO PIE PINTO BEANS SALSA CUP/JICAMA PEACHES MILK	

BREAKFAST IN THE CLASSROOM 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 \$2.15
-Reduced \$0.40
-Adult/Visitor \$3.50



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