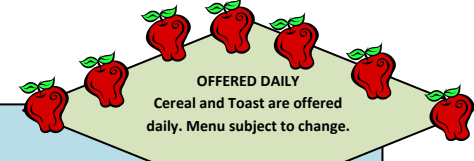




2011-2012 Navsota ISD Breakfast & Lunch MENU

Breakfast Menu



BREAKFAST MENU SERVED DISTRICT WIDE. A SCHOOL BREAKFAST IS MADE UP OF AT LEAST 3, BUT NOT MORE THAN 4 COMPONENTS, WHICH ARE DEFINED AS 1 SERVING OF FRUIT OR 100% JUICE, 1 SERVING OF LOWFAT ASSORTED MILK, 1 OZ. MEAT/MEAT ALTERNATE, 1 GRAIN/BREAD. SOME "COMBINATION FOODS" COUNT AS MORE THAN ONE COMPONENT (EXAMPLES BREAKFAST PIZZA, BURRITO, PANCAKE AND SAUSAGE ON A STICK, FRENCH TOAST.)

Meal Pricing	
Elementary Breakfast	\$1.20
Reduced Breakfast	\$.30
Elementary Lunch	\$ 1.90
Reduced Lunch	\$.40
Junior High Breakfast	\$1.20
Reduced Breakfast	\$.30
Junior High Lunch	\$2.25
Reduced Lunch	\$.40
High School Breakfast	\$1.20
Reduced Breakfast	\$.40
High School Lunch	\$2.25
Reduced Lunch	\$.40

Staff Breakfast	\$1.85
Visitor Breakfast	\$2.25
Staff Lunch	\$3.00
Visitor Lunch	\$3.25

Grade	Monday	Tuesday	Wednesday	Thursday	Friday
1	Kellogg's Mini pancakes or Yogurt and Muffin	Breakfast Bagel	Jumpstarts	Sausage Biscuit with Cheese	Breakfast Pizza
2	French Toast Sticks or Cereal Bar	Biscuit W/Chicken Fingers & Country Gravy or Yogurt and Keebler Scooby Doo!! Grahams	Jumpstarts	Breakfast Taco W/Salsa Cup	Oatmeal with Kellogg's Crunchmania
3	Pancake & sausage on stick	Scrambled Egg & Sausage Link with Sliced Toast	Jumpstarts	Sausage Kolache	Sausage Link and Cinnamon Roll
4	Breakfast Pizza	Scrambled Egg W/Waffle or Yogurt and Keebler Scooby Doo!! Grahams	Jumpstarts!	Breakfast Burrito	Rattler Breakfast Sandwich on Wheat Bun

Navsota High School Cafeteria will still feature the Sub-Ur-Way line, The Italian Spot & the Burger Box, as well as the cash line.

Junior High School Cafeteria will still feature the Burger Box as well the Italian Spot. All snacks will be sold on the Homestyle line.

Lunch Menu

Menus are subject to change due to new menu items, weather, food availability, price, and special holiday menus.

SIDE ITEMS AVAILABLE DAILY: HOT VEGETABLE OF THE DAY, FRUIT (CANNED OR FRESH), ASSORTED WHOLE GRAIN BREADS. ILK VARIETY OFFERED DAILY. ALL MENUS SUBJECT TO CHANGE.

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tenders OR Salisbury Steak Mashed Potatoes Green Beans Whole Wheat Roll Fresh Orange/Mixed Fruit	Beefy Cheesy Nachos OR Soft Taco Pinto Beans Seasoned Corn Salsa Red Grapes	Fresh Fruit Salad OR Oven Baked Chicken Rice Pilaf Steamed Vegetable Blend Applesauce Hot Roll	Cheeseburger OR Beef a Roni L/T/P Salad Oven Baked Fries Elf Grahams Fresh Fruit	Pizza Wedge OR Corn Dog Sweet Potato Rounds Tossed Salad Fresh Apples Animal Crackers Mixed Fruit
Quesadillas OR Grilled Cheese Sandwich Baked Chips Chilled Pears Fresh Veggie W/Dipper Mini Rice Krispie Treat	Fresh Chef Salad OR Roasted Chicken Mac N Cheese Black Eye Peas Hot Roll Chilled Pear Cup	Fresh Fruit Salad OR Shredded BBQ on Wheat Bun Corn on Cob Garden Salad Chilled Fruit Homemade PB Cookie	Fresh Chef Salad OR Pepperoni Pasta Bake Green Peas Fresh Sweet Potato Sticks Fresh Grapes Whole Wheat Breadsticks	Hot Dog W/Chili & Cheese OR Fish Sticks Scrabble Cheese-Its Seasoned Twister Fries Fresh Apple Slices
Chicken Patty on Wheat Bun OR Hamburger L/T/P Salad Baked Chips Mac N Cheese Fresh Kiwi	Fresh Fruit Salad OR Chicken Spaghetti W/ Wheat Rod Steamed Cabbage Fresh Pineapple Chunks Homemade Brownie	Fresh Chef Salad OR Frito Pie Carrot Sticks W/Ranch Pinto Beans Chilled Fruit Cocktail	Spicy Popcorn Chicken OR Beef Steak Fingers Mini Sweet Potato Puffs Steamed California Blend Vegetables Sweet Pears W/Topping	Pizza OR Crispos W/Cheese Sauce Refried Beans Steamed Corn Green Apple/Mandarin Orange Cup
Breaded Pork Cutlet OR Chicken Sticks Smashed Sweet Potatoes Green Peas Chilled Fruit/Fresh Fruit	R/F Cheese Enchilada OR Macho Chili Cheese Burrito Charra Beans Spanish Rice Fruited Jell-O/Fresh Fruit	Cheese Stuffed Breadsticks w/Marinara Cup OR Spaghetti W/Meat Sauce Garden Salad Green Beans Fruit	Fresh Fruit Salad OR Popcorn Chicken Mac N Cheese Supreme Potato Sticks Fresh Garden Salad W/Tomatoes Fruit	Fish Sandwich (W/B) OR BBQ Rib Sandwich (W/B) Coleslaw Baked Beans Pickle Spears Mini Rice Krispie Treat



MyPlate Icon

MyPlate is part of a larger communications initiative based on 2010 Dietary Guidelines for Americans to help consumers make better food choices.

MyPlate is designed to remind Americans to eat healthfully; it is not intended to change consumer behavior alone.

MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.

Online MONEY Payments

Payments to meal accounts...

There are three ways parents can pay for student meals. Checks and cash are accepted at the point of service. Parents may also pay online and view cafeteria balances and purchases by visiting www.lunchmoneynow.com. There is no service fee for viewing purchases and receiving low balance email notification. Pre-payment is not required but encouraged in order to ensure children are not going without a hot nutritious meal.

Please visit our Child Nutrition Web site located at www.navsotaisd.org. Click the Department link and then click into the Child Nutrition for exciting news and games for the kids.

School Meal Calendar

Week 1	Week 2	Week 3	Week 4
August 2011	November 2011	February 2012	May 2012
September 2011	December 2011	March 2012	June 2012
October 2011	January 2012	April 2012	

National School Lunch Program

The National School Lunch Program is a federally assisted meal program operating in more than 9,000 schools across Texas. It provides nutritionally balanced, low-cost or free lunches to more than 3 million Texas school children each school day. In 1998, Congress expanded the National School Lunch Program to include reimbursement for snacks served to children in after school educational and enrichment programs to include children through 18 years of age.

It is recommended that no more than 30 percent of calories come from fat and less than 10 percent from saturated fat. Regulations also establish a standard for school lunches to provide one-third of the Recommended Dietary Allowances of protein, vitamin A, vitamin C, iron, calcium and calories. School lunches must meet federal nutrition requirements, but decisions about the specific foods to serve and their preparation are made locally.

Milk Changes due to Child Nutrition Reauthorization 2010

Fat-Free and Low-Fat Milk

Milk served in the CACFP must be consistent with the most recent version of the Dietary Guidelines for Americans. The 2010 Dietary Guidelines recommend that persons over two years of age consume fat-free (skim) or low-fat (1%) fluid milk. Therefore, fluid milk served in CACFP to participants two years of age and older must be: fat-free or low-fat milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk. Milk served must be pasteurized fluid milk that meets State and local standards, and may be flavored or unflavored. Whole milk and reduced-fat (2%) milk may not be served to participants over two years of age. To read more reauthorization news please visit www.squaremeals.org

Drink Pricing:

Juice	\$50-1.00
Milk	\$.50
Bottled Water	\$.50-1.00
Capri Sun	\$.60

Due to CN Reauthorization we will be making water available for free in each cafeteria to all students. This does not include bottle water.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Ave. SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA at an equal opportunity provider and employer.

The child nutrition reauthorization, "The Healthy, Hunger Free Kids Act of 2010," was signed into federal law on December 13, 2010. USDA published the proposed rule, "Nutrition Standards in the National School Lunch and School Breakfast Programs" in the Federal Register on January 13, 2011. The proposed rule in its entirety can be accessed at www.fns.usda.gov/cnd/governance/regulations/2011-01-13.pdf.