

MONDAY

19
Apply for Free or Reduced Priced School meals at <http://northwestisd.schoollunchapp.com>.
Complete the application before the first day of school!

TUESDAY

- 20**
1. Chicken Corn Dog
 2. Turkey & Cheese Sub.
 3. Beef Nachos
 4. Boneless Chicken Wings
 - 5-11. Everyday Specials

WEDNESDAY

- 21**
1. Orange Popcorn Chicken with Lo Mein
 2. Spicy Chicken Salad
 3. Chicken & Cheese Burrito
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

THURSDAY

- 22**
1. Spaghetti & Meat Sauce
 2. Ham & Cheese Sub
 3. Chicken Taco
 4. Grilled Cheese Sandwich
 - 5-11. Everyday Specials

FRIDAY

- 23**
1. BBQ Chicken & Cheddar Baked Potato
 2. Fruit, Yogurt & Cheese Plate
 3. Beef Quesadilla
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 26**
1. Beef Chicken Fried Steak
 2. Ham & Turkey Cobb Salad (All-American Salad)
 3. Cheesy Beef Tater Bite Burrito
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 27**
1. BBQ Pork Sandwich with Corn on Cob
 2. Turkey & Cheese Sub
 3. Chicken or Beef Nachos
 4. Boneless Chicken Wings
 - 5-11. Everyday Specials

- 28**
1. Country Popcorn Chicken Bowl
 2. Popcorn Chicken Salad
 3. Korean Beef Fajita
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 29**
1. Garlic Chili Sauce
 2. Ham & Cheese Sub
 3. Crunchy Beef Taco
 4. Honey Sriracha Boneless Chicken Wings
 - 5-11. Everyday Specials

- 30**
1. Penne Alfredo w Chicken
 2. Fruit, Yogurt & Cheese Plate & Animal Crackers
 3. Beef Walking Taco
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 2**
1. Backyard Burger
 2. Ham & Turkey Salad
 3. Bean Burrito w/ Nacho Cheese
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 3**
1. Chicken Waffle Sand.
 2. Turkey & Cheese Sub
 3. Chicken or Beef Nachos
 4. Boneless Chicken Wings
 - 5-11. Everyday Specials

- 4**
1. Pizza Max Sticks
 2. Spicy Popcorn Chicken Salad
 3. Beef Enchiladas
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 5**
1. Corn Dog
 2. Ham & Cheese Sub
 3. Frito Pie
 4. Honey Sriracha Boneless Chicken Wings
 - 5-11. Everyday Specials

- 6**
1. Beef Dippers & Lo Mein
 2. Fruit, Yogurt & Cheese Plate & Animal Crackers
 3. Totally Taco Max Snax Wedges
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 9**
1. Breaded Chicken Parmesan & Spaghetti
 2. Ham & Turkey Salad
 3. Pork Carnitas
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 10**
1. Breaded Chicken Drumstick & Biscuit
 2. Turkey & Cheese Sub
 3. Chicken or Beef Nachos
 4. Boneless Chicken Wings
 - 5-11. Everyday Specials

- 11**
1. Bacon & Cheese Potato w/ Corn Muffin
 2. Spicy Popcorn Chicken Salad
 3. Cheesy Beef Tater Bite Burrito
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 12**
1. Fried Rice w/ Veggie Egg Roll
 2. Ham & Cheese Sub
 3. Chicken Walking Taco
 4. Honey Sriracha Boneless Chicken Wings
 - 5-11. Everyday Specials

- 13**
1. Country Popcorn Chicken Bowl & Biscuit
 2. Fruit, Yogurt & Cheese Plate w/ Animal Crackers
 3. Chicken Quesadilla
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 16**
1. Fish Sticks with Mac & Cheese
 2. Ham & Turkey Salad
 3. Crispito w/ Cheese
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 17**
1. Beef Fingers & Biscuit
 2. Turkey & Cheese Sub
 3. Chicken or Beef Nachos
 4. Boneless Chicken Wings
 - 5-11. Everyday Specials

- 18**
1. Jumbo Cheese Ravioli w/ Toasted Parmesan and Garlic Ciabatta
 2. Popcorn Chicken Salad
 3. Chicken Enchiladas
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

- 19**
1. Popcorn Chicken with Garlic Chili Sauce & Brown Rice
 2. Ham & Cheese Sub
 3. Spicy Beef Taco
 4. Honey Sriracha Boneless Chicken Wings
 - 5-11. Everyday Specials

- 20**
1. 100% Beef Hot Dog
 2. Kickin' Bean & Beef Rice Bowl & Tortilla Chips
 3. Fruit, Yogurt & Cheese Plate Animal Crackers
 4. Spicy Popcorn Chicken
 - 5-11. Everyday Specials

Middle School Lunch Combo Meal

Must choose 3 of the 5 food components: fruit, veggie, grain, meat/meat alternative and dairy. A fruit, juice or veggie MUST be taken. Entrees count as two food components: grain & meat/meat alternative. Entree & milk are optional. Only one entree is included in the combo meal, but an additional entree may be purchased for \$2. Six different items are included in the combo meal. Additional or duplicate sides may be purchased for \$0.75.

Middle School Students Combo Meal: \$2.70
Reduced Student: \$0.40 | Free Student: \$0

Everyday Specials

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

Aramark relies on our vendors' allergy warnings & ingredient listing. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions & cross-contact with allergens is possible, Aramark can't guarantee that any food item will be completely free of allergens.

Payment Options: School cafeterias accept cash & check payments. Credit Cards are accepted online through My School Bucks, www.myschoolbucks.com. Online payments are charged a convenience fee of \$2.40 per transaction. **All online payments take 24 hours to appear on your child's accounts.**



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19
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Complete the application before the first day of school!

TUESDAY

20
1. **Chocolate Glazed Donut.**
Whole Grain, Baked -Not Fried
2. Egg Bagel Sand.
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

WEDNESDAY

21
1. **Sausage, Cheese & Egg Taco**
2. Sausage Biscuit Sand.
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

THURSDAY

22
1. **Waffles**
2. Sausage Kolache
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

FRIDAY

23
1. **Chocolate Chip Breakfast Round**
2. Egg Biscuit Sand.
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

26
1. **Cheese & Chicken Sausage Quesadilla**
2. French Toast Sticks
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

27
1. **Powdered Sugar Donut Holes**
2. Sausage Biscuit Sand.
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

28
1. **Scrambled Egg, Hash Brown & Toast**
2. Confetti Pancakes
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

29
1. **Egg & Cheese English Muffin Sand.**
2. Cocoa Puff Filled Bar
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

30
1. **Egg, Bacon & Cheddar Flatbread Sand.**
2. Vanilla Donut
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

2 No School
Students with Special Dietary Needs: We will make food substitutions or modifications for students that provided our department with a prescription, written by a licensed physician, that explains the student's disability & specifies substitutions to be made.

3
1. **Egg & Cheese English Muffin Sand.**
2. Cinnamon & Sugar Donut
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

4
1. **Cheesy Egg & Potato Breakfast Tacos**
2. Apple Frudel
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

5
1. **Pancakes**
2. Sausage & Egg Biscuit Melt
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

6
1. **Bacon & Egg Biscuit**
2. CoCea Powder Donut Holes
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

9
1. **Sausage, Egg & Cheese Taco**
2. Chocolate Filled Crescent
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

10
1. **Vanilla Glazed Donut**
Whole Grain, Baked -Not Fried
2. Egg & Cheese English Muffin
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

11
1. **Sausage Breakfast Pizza**
2. Mini Strawberry Creamy Cheese Bagels
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

12
1. **Bacon, Egg & Cheese Breakfast Tacos**
2. Turkey Pancake Wrap
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

13
1. **Sausage & Cheese Biscuit Sand.**
2. Cinnamon Sugar Donut
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

16
1. **Biscuit & Gravy**
2. Mini Cinnamon Creamy Cheese Bagels
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

17
1. **Pumpkin Spice Donut Holes**
2. Country Chicken Biscuit
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

18
1. **Scrambled Egg, Hash Brown & Toast**
2. French Toast Sticks
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

19
1. **Cinnamon Roll**
2. Bacon English Muffin Sand.
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

20
1. **Cinnamon Sugar Donut**
2. Sausage & Cheese Biscuit Sand.
3. Pick 2, *different items*: String Cheese, Yogurt, Toast*, Cereal or Blueberry Muffin

Breakfast Combo Meal: Students must choose 3 items. 1 must be a fruit. May choose 1 entrée, 1 juice & 1 or 2 canned/fresh fruit(s).
Student: \$1.35, Reduced Student: \$0.30, Free Student: \$0

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, gluten-free*
5. Frosted Mini Wheats, *whole grain*

NISD Food Service Managed By Aramark

220 County Road 4840 Haslet, TX 76052 | 817-215-0007

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www.instagram.com/northwest_aramark

www.nisdtx.org/foodservice

Free & Reduced Price Meal program allows parents and guardians to obtain nutritionally balanced, free or reduced-price school meals for their children through the National School Lunch Program. **At any time during the school year,** you may apply for your child to receive free or reduced rate breakfast & lunch meals.

Go to <http://northwestisd.schoollunchapp.com> to apply online. More information is available on our website.