



NISD's Food Service department is committed to the health and well-being of our students by offering nutritious breakfast & lunch meals. At elementary and middle schools, all meals must meet the Recommended Daily Allowance established by the USDA and the Texas Department of Agriculture. We research and evaluate every recipe in our menu to ensure they meet nutrition requirements measured by the following categories: **Saturated Fat, Total Fat, Calories, and Sodium**. For further details on the Texas Public School Nutrition Policy please refer to the full policy at www.squaremeals.org.

School Meals

We offer breakfast and lunch combo meals daily at all NISD Schools. Students on the Free & Reduced program may receive 1 Breakfast & 1 Lunch Combo Meal daily for their free or reduced-rate.

Breakfast Combo Meal

Breakfast Pricing Guide:

ES/MS Breakfast: \$1.35 | Reduced & Free Students (all grades): Free | Adult: \$2.25

Elementary & Middle School Breakfast Combo Meal: MUST choose 3 items and 1 MUST be a fruit. A "Pick 2" entree, counts as 1 food item.

HS Breakfast: \$3.00 | Reduced & Free Students (all grades): Free | Adult: \$3.00

Lunch Combo Meal

Lunch Pricing Guide:

Pre-Kindergarten | Elementary Students: \$2.75
 Middle School Students: \$3.00 | Reduced Students (all grades): \$0.40, Free Students: Free | Adult and/or Visitor: \$4.00

Pre-Kindergarten: Must choose 3 of the 5 food components (food groups). A fruit and veggie must be taken. May only choose 1 entrée. Entrees count as two food components: grain & meat/meat alternative. May choose up to 6 different items.

Elementary & Middle School: Must choose 3 of the 5 food components (food groups). A fruit, juice or veggie must be taken. May only choose 1 entrée. Entrees count as two food components: grain & meat/meat alternative. May choose up to 6 different items.

High School Students: \$5.00 | Reduced Students: \$0.40 | Free Students: Free | Adult and/or Visitor: \$5.00

Menus

The most up-to-date menu can be found online at <https://nisdtx.nutrislice.com/>. You will also find nutritional information and ingredients.



We're Hiring!

Apply today! Questions? Please call 817-215-0007 or <https://www.nisdtx.org/departments/food-services/employment>



Free or Reduced-Price Meals

Applications for 2023-2024 will be available in mid to late July. You will be able to apply online or at your school. Any applications placed prior to July 2023 will only be valid for the remaining 2022-2023 school year and a new application will be required in July for the 2023-2024 school year.
 Website: <https://www.nlappscloud.com/>

Meal Payment Options

School cafeterias accept cash and check payments. Payments may be sent to your child's school to be deposited into his/her account. Credit cards are accepted online through My School Bucks, but payments take 24 hours to appear on your child's meal account. At My School Bucks, parents may access their child's meal account online, view payment balances and apply money using a Visa or MasterCard. Online payments will be charged a convenience fee of \$2.49 per transaction. All online payments take 24 hours to appear on your child's meal account.

Create A My School Bucks Account

1. Go to www.myschoolbucks.com.
2. Create a user profile by clicking on the "Start Here" button on the home page.
3. Add students to your household - you will need the child's name, birth date and student ID.
4. Now you are ready to make payments.



Students with Special Dietary Needs

Our department will make food substitutions or modifications for students with disabilities for normally scheduled meal services. The substitutions or modifications for children with disabilities must be based on a prescription written by a licensed physician that explains the disability and specifies substitutions to be made. A physician must also provide written notices of changes or deletions to diet orders. The NISD Food Service is not required to provide substitutions or modifications for children who do not meet the criteria for "disabilities with medically certified special dietary needs."
 Contact: Nikki Nies - (817) 215-0180 - nikki.nies@nisdtx.org

ES/MS: Smart Snacks

Why are Smart Snacks Important?

All snacks sold at elementary and middle schools are approved Smart Snacks and meet the Federal requirements.

1. Almost a quarter of kids' daily calories may come from snacks.
2. Kids who have healthy eating patterns are more likely to perform better academically.
3. Kids consume more healthy foods and beverages during the school day. When Smart Snacks are available, the healthy choice is the easy choice.
4. Smart Snack Standards are a Federal Requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.