

# EPISD

## Food & Nutrition Services

Middle & High School

### Calendar Menu

Menus subject to change based on availability of menu items.

Breakfast:  
\$1.35 Paid  
\$0.00 Reduced  
Lunch  
\$2.10  
Elementary  
\$2.40 MSHS  
\$0.40 Reduced

## Breakfast Menu

Served Daily: Milk, Oatmeal, Cereal, Apple Cinnamon Texas Toast Fresh Fruit, Juice

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Bean & Cheese Burrito Potato & Cheese Burrito	Breakfast Burrito Pancakes & Sausage	Egg & Chorizo Burrito Yogurt Parfait	Breakfast Burrito Breakfast Pizza	Breakfast Burrito Coffee Cake
<b>Week 2</b>	Breakfast Burrito French Toast Sticks	Breakfast Burrito Breakfast Croissant	Potato Burrito Breakfast Pizza	Breakfast Burrito Chicken & Waffles	Breakfast Burrito Cinnamon Roll
<b>Week 3</b>	Bean & Cheese Burrito Potato & Cheese Burrito	Breakfast Burrito Pancakes & Sausage	Egg & Chorizo Burrito Yogurt Parfait	Breakfast Burrito Coffee cake	Chilaquiles w/Eggs or Beans Breakfast Pizza
<b>Week 4</b>	Bean & Cheese Burrito Potato & Cheese Burrito	Breakfast Burrito Strawberry Uncrustable	Potato Burrito Breakfast Jalapeno Chicken Biscuit	Breakfast Burrito Lemon Bread	Egg & Chorizo Burrito Cinnamon Roll

## Lunch Menu

Fresh fruit and milk served daily for lunch

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Campus Favorite</b>	Save the Planet Pizza Mixed Green Salad	Beef Tacos Mexican Rice Fiesta Black Beans	Aloha BBQ Drumsticks Whole Wheat Roll Mashed Potatoes	Noodle & Dumplings California Blend	Tostadas Supreme Baked Beans Ranchero Beans
<b>Hot/Fresh Veggies</b>	Broccoli w/ Cheese Carrots & Cucumber Dippers Buttery Corn	Carrot & Celery Dippers	Carrots & Asst. Veggies Seasoned Green Beans	Carrots & Cucumber Dippers	Carrots & Jicama Dippers Ranchero Beans
<b>The Grill</b>	Save the Planet Burger Chips	Regular or Spicy Chicken Sandwich Savory Fries	Regular or Spicy Chicken Sandwich Fish Sandwich Chips	Steakburger or Cheeseburger Savory Fries	Regular or Spicy Chicken Sandwich Pulled Pork Sandwich Chips
<b>Pizzeria, Con Salsa &amp; Entree Salad</b>	Veggie Power Bowl	Spicy Chicken Salad	Pepperoni Pizza Oriental Chicken Salad	Red Enchiladas Chicken Caesar Salad	Veggie Power Bowl Tuna or Fajita Salad

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Campus Favorite</b>	Spaghetti w/ Meat sauce Garlic Knot Corn	General Tso. Chicken Brown Rice Stir Fry Veggies	Spicy Chicken Tenders Whole Wheat Roll Cheesy Mashed Potatoes	Chicken Nuggets Whole Wheat Roll Mashed Potatoes Ranchero Beans	Fish Nuggets Macaroni & Cheese WW Roll 5-Veggie Blend
<b>Hot/Fresh Veggies</b>	Mixed Green Salad Carrots & Cucumber Dippers	Carrots & Celery Dippers	5 Vegetable Blend Carrots & Celery Dippers	Carrots & Jicama Dippers	Carrots/Asst. Veggies Mixed Green Salad
<b>The Grill</b>	Regular or Spicy Chicken Sandwich Savory Fries	Steakburger/ Cheeseburger Regular or Spicy Chicken Sandwich Savory Fries	Regular or Spicy Chicken Sandwich Corn Dog Chips	Steakburger/ Cheeseburger Regular or Spicy Chicken Sandwich Baked Beans Chips	Regular or Spicy Chicken Sandwich Pulled Pork Sandwich Savory Fries
<b>Pizzeria, Con Salsa &amp; Entree Salad</b>	Veggie Nuggets WW Roll Mashed Potatoes Veggie Nuggets Salad	Spicy Chicken Salad	Pepperoni Pizza Mixed Green Salad Oriental Chicken Salad	Chili Colorado Ranchero Beans Calabacitas Chicken Caesar Salad	Meat & Cheese Lasagna Garlic Knot Mixed Green Salad Tuna & Fajita Salad

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Campus Favorite</b>	General Tso. Chicken Brown Rice Stir Fry Vegetables	Tostada Supreme Ranchero Beans	Aloha BBQ Chicken Whole Wheat Roll Mashed Potatoes	Loaded Carne Asada Fries Refried Beans	Spicy Chicken Tenders WW Roll Cheesy Mashed Potatoes 5 Veggie Blend
<b>Hot/Fresh Veggies</b>	Carrots & Cucumber Dippers	Carrots & Celery Dippers	Broccoli & Cheese Carrots w/ Asst. Veggies	Carrots & Cucumber Dippers	Mixed Green Salad Carrots & Jicama Dippers
<b>The Grill</b>	Steakburger/ Cheeseburger Crispy Chicken Sandwich Chips	Steakburger/ Cheeseburger Crispy Chicken Sandwich Savory Fries	Fish Sandwich Pulled Pork Sandwich Savory Fries	Regular or Spicy Chicken Sandwich Hot Dog/Chili Dog Chili Beans Chips	Steakburger/ Cheeseburger Crispy Chicken Sandwich Chips
<b>Pizzeria, Con Salsa &amp; Entree Salad</b>	Save the Planet Pizza Veggie Nuggets Salad Bean & Cheese Pupusa Fiesta Corn	Bean & Cheese Pupusa Zucchini Spears Spicy Chicken Salad	Pepperoni Pizza Juicy Corn Oriental Chicken Salad	Barbacoa Tacos Chicken Caesar Salad	Chicken Parmesan Tuna or Chicken Fajita Salad

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Campus Favorite</b>	Red & Green Enchiladas Mexican Rice Refried Beans	General Tso. Chicken Brown Rice Stir Fry Vegetables	Pulled Pork Baker WW Dinner Roll	Mac N' Cheese Bowl Corn	Asian Bowl Stir Fry Veggies
<b>Hot/Fresh Veggies</b>	Carrots & Cucumber Dippers	Carrots & Jicama Dippers	Carrots & Celery Dippers Ranch Beans	Mixed Green Salad Carrots & Celery Dippers	Carrots w/ Asst. Veggies Mixed Green Salad
<b>The Grill</b>	Steakburger/ Cheeseburger Crispy Chicken Sandwich Savory Fries	Steakburger/ Cheeseburger Savory Fries	Patty Melt Regular or Spicy Chicken Sandwich Chips	Regular or Spicy Chicken Sandwich Turkey Kielbasa Hot Dog Savory Fries	Steakburger or Cheeseburger Chips
<b>Pizzeria, Con Salsa &amp; Entree Salad</b>	Veggie Power Bowl Ranchero Beans Veggie Nugget Salad	Chicken Nuggets Whole Wheat Roll Mashed Potatoes Spicy Chicken Salad	Hot Wings Green Chili Mozzarella Rice Oriental Chicken Salad	Beef Fingers WW Dinner Roll Mashed Potatoes Chicken Caesar Salad	Tuna Salad Sandwich Tuna or Fajita Salad

Menus Subject to Changes

August					Week
M	T	W	T	F	
	1	2	3	4	
7	8	9	10	11	1
14	15	16	17	18	2
21	22	23	24	25	3
28	29	30	31		4

September					Week
M	T	W	T	F	
				1	4
4	5	6	7	8	1
11	12	13	14	15	2
18	19	20	21	22	3
25	26	27	28	29	4

October					Week
M	T	W	T	F	
2	3	4	5	6	--
9	10	11	12	13	--
16	17	18	19	20	1
23	24	25	26	27	2
30	31				3

November					Week
M	T	W	T	F	
		1	2	3	3
6	7	8	9	10	4
13	14	15	16	17	1
20	21	22	23	24	--
27	28	29	30		2

December					Week
M	T	W	T	F	
				1	2
4	5	6	7	8	3
11	12	13	14	15	4
18	19	20	21	22	1
25	26	27	28	29	--

January					Week
M	T	W	T	F	
1	2	3	4	5	--
8	9	10	11	12	2
15	16	17	18	19	3
22	23	24	25	26	4
29	30	31			1

February					Week
M	T	W	T	F	
			1	2	1
5	6	7	8	9	2
12	13	14	15	16	3
19	20	21	22	23	4
26	27	28	29		1

March					Week
M	T	W	T	F	
				1	1
4	5	6	7	8	--
11	12	13	14	15	--
18	19	20	21	22	2
25	26	27	28	29	3

April					Week
M	T	W	T	F	
1	2	3	4	5	4
8	9	10	11	12	1
15	16	17	18	19	2
22	23	24	25	26	3
29	30				4

May					Week
M	T	W	T	F	
		1	2	3	4
6	7	8	9	10	1
13	14	15	16	17	2
20	21	22	23	24	3
27	28	29	30	31	4

June					Week
M	T	W	T	F	
3	4	5	6	7	1
10	11	12	13	14	2
17	18	19	20	21	--
24	25	26	27	28	--

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