

# EPISD

## Food & Nutrition Services Elementary School Calendar Menu

| Meal Prices          | Lunch      | Breakfast  |
|----------------------|------------|------------|
| Elementary           | \$2.10     | \$1.35     |
| Middle & High School | \$2.40     | \$1.35     |
| Reduced Price        | \$0.40     | \$0.30     |
| Adult                | A la carte | A la carte |

Students enrolled in CEP schools receive free breakfast and lunch.

# Breakfast Menu

Served Daily: Milk, Oatmeal, Cereal, Toast, Juice

|        | Monday                         | Tuesday                                      | Wednesday                                    | Thursday   | Friday                                      |
|--------|--------------------------------|--|--|--|---|
| Week 1 | Breakfast Pizza<br>Fresh Fruit | Grilled Cheese<br>Sandwich<br>Fresh Fruit    | Breakfast Burrito<br>Fresh Fruit             | Pancakes &<br>Sausage<br>Strawberries &<br>Blueberries | Cinnamon Roll/<br>Yogurt Cup<br>Fresh Fruit |
| Week 2 | Chicken Slider<br>Fresh Fruit  | Banana<br>Squares<br>Fresh Fruit             | Scrambled Eggs/<br>Yogurt Cup<br>Fresh Fruit | French Toast<br>Scrambled Eggs<br>Fresh Fruit          | Coffee Cake<br>Fresh Fruit                  |
| Week 3 | Breakfast Pizza<br>Fresh Fruit | Breakfast Burrito<br>Fresh Fruit             | Grilled Cheese<br>Sandwich<br>Fresh Fruit    | Pancakes &<br>Sausage<br>Strawberries &<br>Blueberries | Cinnamon Roll/<br>Yogurt Cup<br>Fresh Fruit |
| Week 4 | Breakfast Pizza<br>Fresh Fruit | Scrambled Eggs/<br>Yogurt Cup<br>Fresh Fruit | Chicken Slider<br>Fresh Fruit                | French Toast<br>Scrambled Eggs<br>Fresh Fruit          | Coffee Cake<br>Fresh Fruit                  |

# Lunch Menu

Served Daily: Fresh Fruit and Milk

## Week 1

|             | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|-------------|---|--|---|--|---|
| Main Entree | Steakburgers<br>Tater Tots<br>Carrot/Celery Dippers | Fish Nuggets<br>Mac & Cheese<br>Green Beans<br>Carrots/Asst. Veggies | Baked or BBQ Chicken<br>Mashed Potatoes<br>Ranchero Beans | Hot Dogs<br>Baked/Chili Beans<br>Carrot/Cucumber Dippers | Cheese Pizza<br>Mixed Green Salad<br>Juicy Corn |
| The Deli    | Peanut Butter &<br>Jelly Sandwich                   | Peanut Butter &<br>Jelly Sandwich                                    | PB&J<br>EatSmart Box                                      | Deli<br>EatSmart Box                                     | Ham & Cheese<br>Sandwich                        |
| Salads      | Chef Salad  | Crispy Chicken<br>Salad  | Chicken Fajita<br>Salad                                   | Crispy Chicken<br>Salad                                  | Tuna Salad                                      |

## Week 2

|             | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|-------------|---|---|--|--|---|
| Main Entree | Steak Fingers<br>Mashed Potatoes<br>Roasted Purple<br>Cauliflower | Crispy Chicken Sandwich<br>Tater Tots<br>Carrots/Celery Dippers | Stuffed Cheese Sticks<br>Juicy Corn<br>Carrots/Asst. Veggies | Corn Dog<br>Baked Beans<br>Carrot/Cucumber Dippers | Chicken Nuggets<br>Mashed Potatoes<br>Fresh Broccoli &<br>Cherry Tomatoes |
| The Deli    | PB&J<br>EatSmart Box  | Peanut Butter &<br>Jelly Sandwich                               | Ham & Cheese<br>Sandwich                                     | Deli<br>EatSmart Box                               | Peanut Butter<br>Jelly Sandwich   |
| Salads      | Chef Salad  | Crispy Chicken<br>Salad   | Chicken Fajita<br>Salad                                      | Crispy Chicken<br>Salad                            | Tuna Salad  |

## Week 3

|             | Monday   | Tuesday                                      | Wednesday                                       | Thursday   | Friday  |
|-------------|--|--|---|--|---|
| Main Entree | Steakburger<br>Tater Tots<br>Carrot/Cucumber Dippers | Bean Tapatias<br>Mexican Rice<br>Calabacitas | Cheese Pizza<br>Juicy Corn<br>Mixed Green Salad | Orange Chicken<br>Brown Rice<br>Stir Fry Veggies<br>Carrots/Jicama Dippers | Enchiladas<br>Mexican Rice<br>Carrots/Asst. Veggies<br>Ranchero or Refried<br>Beans |
| The Deli    | Peanut Butter<br>Jelly Sandwich                      | Deli<br>EatSmart Box                         | Ham & Cheese<br>Sandwich                        | PB&J<br>EatSmart Box   | Un crustable  |
| Salads      | Chef Salad   | Crispy Chicken<br>Salad                      | Chicken Fajita<br>Salad                         | Crispy Chicken<br>Salad  | Tuna Salad  |

## Week 4

|             | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|-------------|---|--|--|--|---|
| Main Entree | Pulled Pork Sandwich<br>Tater Tots<br>Carrot/Celery Dippers | Beef Tacos<br>Mexican Rice<br>Ranchero or Refried<br>Beans | Stuffed Cheese Sticks<br>Carrot/Cucumber Dippers<br>Juicy Corn | Spaghetti & Meat Sauce<br>Broccoli & Cheese<br>Mixed Green Salad | Chicken Nuggets<br>Mashed Potatoes<br>Carrots/Celery or<br>Cucumber Dippers |
| The Deli    | Peanut Butter<br>Jelly Sandwich                             | PB&J<br>EatSmart Box                                       | Ham & Cheese<br>Sandwich                                       | Deli<br>EatSmart Box   | Peanut Butter<br>Jelly Sandwich   |
| Salads      | Chef Salad  | Crispy Chicken<br>Salad                                    | Chicken Fajita<br>Salad  | Crispy Chicken<br>Salad  | Tuna Salad  |

### Menus Subject to Changes

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

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

| October |     |     |     |     | 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  | 31* |     |     | 4    |

| November |    |    |    |     | Week |
|----------|----|----|----|-----|------|
| M        | T  | W  | T  | F   |      |
|          |    |    | 1  | 2   | 4    |
| 5        | 6  | 7  | 8  | 9   | 1    |
| 12       | 13 | 14 | 15 | 16  | 2    |
| 19       | 20 | 21 | 22 | 23  | --   |
| 26       | 27 | 28 | 29 | 30* | 3    |

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

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

| February |    |    |     |    | 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  |    | 2    |

| March |    |    |    |    | 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 | --   |
| 25    | 26 | 27 | 28 | 29 | 1    |

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

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

\*Bolted dates represent special promotions, which may include tailored menus. To view promotions, click here.

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