

# EPISD

## Food & Nutrition Services

Middle & High School

### Calendar Menu

#### Salad Schedule

Monday: Chef Salad  
 Tuesday: Spicy Chicken Salad  
 Wednesday: Tuna or Chicken Fajita Salad  
 Thursday: Spicy Chicken Salad  
 Friday: Tuna or Chicken Fajita Salad

Meal Prices	Lunch	Breakfast
Elementary	\$2.10	\$1.35
Secondary	\$2.40	\$1.35
Reduced Price	\$0.40	\$0.30
Adult	A la carte	A la carte

Students enrolled at CEP schools receive free breakfast and lunch.

## Breakfast Menu

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Bean & Cheese or Potato Burrito	Breakfast Burrito Pancakes & Sausage	Egg & Chorizo Burrito Yogurt Bar	Breakfast Burrito Breakfast Pizza	Breakfast Burrito Coffee Cake
<b>Week 2</b>	Bean & Cheese or Potato 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 or Potato Burrito	Breakfast Burrito Pancakes & Sausage	Egg & Chorizo Burrito Yogurt Bar	Breakfast Burrito Breakfast Pizza	Breakfast Burrito Banana Squares
<b>Week 4</b>	Bean & Cheese or Potato Burrito French Toast Sticks	Breakfast Burrito Peanut Butter & Jelly Sandwich	Potato Burrito Breakfast Pizza	Breakfast Burrito Breakfast Chicken Biscuit	Breakfast Burrito Cinnamon Roll

## Lunch Menu

Fresh fruit and milk served daily for lunch

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Campus Favorite</b>	Chili Bowl Brown Rice Corn Bread	Beef Tacos Mexican Rice Taco Fiesta Black Beans	Baked or BBQ Chicken Mashed Potatoes Whole Wheat Roll	Fish Nuggets Mac & Cheese Whole Wheat Breadstick California Blend	Tostadas Supreme
<b>Fruits &amp; Vegetables</b>	Mixed Green Salad Broccoli w/ Cheese Carrots/Cucumber Dippers	Carrot/Celery Dippers Fresh Oranges	Carrots/Asst. Veggies Seasoned Green Beans Fresh Pear or Banana Pineapple Tidbits	Carrots/Cucumber Dips Grapes & Green Apples Sliced Peaches	Carrots/Jicama Dippers Ranch Beans Peach Mango Applesauce Fresh Oranges
<b>The Grill</b>	Steakburger or Chicken Sandwich Chips	Hot Dog or Chicken Sandwich Potato Rounds	Fish or Chicken Sandwich Chips	Regular or Spicy Chicken Sandwich Potato Rounds	Pulled Pork or Chicken Sandwich Chips
<b>Pizzeria or Con Salsa</b>	Cheese Pizza Juicy Corn	Chicken Parmesan Italian Breadstick Mixed Green Salad	Cheese Stuffed Breadstick w/ Marinara Cup	Red Enchiladas Mexican Rice Ranchero Beans	Picadillo Burrito Mexican Rice

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Campus Favorite</b>	Spaghetti w/ Meat Sauce Whole Wheat Garlic Roll	General Tso Chicken Brown Rice Stir Fry Veggies	Steak Fingers Mashed Potatoes Whole Wheat Roll	Spicy Chicken Tenders Whole Wheat Roll Mashed Potatoes	Chicken Nuggets Mashed Potatoes Whole Wheat Roll
<b>Fruits &amp; Vegetables</b>	Mixed Green Salad Carrots/Cucumber Dippers Fresh Apples	Carrots/Celery Dippers Fresh Oranges	Ranchero Beans Carrots/Jicama Dippers Fresh Pear or Banana Pineapple Tidbits	Carrots/Celery Dippers 5 Vegetable Blend Grapes & Green Apple Sliced Peaches	Carrots/Asst. Veggies Fresh Oranges Peach Mango Applesauce
<b>The Grill</b>	Regular or Spicy Chicken Sandwich Potato Rounds	Steakburger or Chicken Sandwich Potato Rounds	Steakburger or Chicken Sandwich Chips	Corn Dog or Chicken Sandwich Chips	Pulled Pork or Chicken Sandwich Potato Rounds
<b>Pizzeria or Con Salsa</b>	Cheese Stuffed Breadstick w/ Marinara Cup	Flautas Mexican Rice Taco Fiesta Black Beans	Beef Tacos Mexican Rice	Pepperoni Pizza Mixed Green Salad	Chicken Alfredo Mixed Green Salad

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Campus Favorite</b>	Chicken Fajita Green Chile Mac & Cheese	Tostadas Supreme	Baked or BBQ Chicken Mashed Potatoes Whole Wheat Roll	General Tso Chicken Brown Rice Stir Fry Veggies	Spaghetti w/ Meat Sauce Whole Wheat Garlic Roll
<b>Fruits &amp; Vegetables</b>	Carrots/Cucumber Dippers Ranch Beans Fresh Apples	Carrots/Celery Dips Grapes & Red Apple Fresh Oranges	Broccoli & Cheese Carrots w/ Asst. Veggies Fresh Pear or Banana Pineapple Tidbits	Carrots/Cucumber Dippers Grapes & Green Apple Sliced Peaches	Mixed Green Salad Carrots/Jicama Dips Fresh Oranges Peach Mango Applesauce
<b>The Grill</b>	Hot Dog/Chili Dog or Chicken Sandwich Chips	Steakburger or Chicken Sandwich Potato Rounds	Pulled Pork or Fish Sandwich Potato Rounds	SteakBurger or Chicken Sandwich Chips	Corn Dog or Chicken Sandwich Chips
<b>Pizzeria or Con Salsa</b>	Green/ or Red Enchiladas Mexican Rice	Lasagna Whole Wheat Breadstick Roasted Cauliflower	Pepperoni Pizza Juicy Corn	Bean Tapatias Mexican Rice Calabacitas	Pepperoni Pizza

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Campus Favorite</b>	Cheese Stuffed Breadstick w/ Marinara Cup Juicy Corn	Pulled Pork Baker	General Tso Chicken Brown Rice Stir Fry Veggies	Spaghetti w/ Meat Sauce Whole Wheat Garlic Roll Juicy Corn	Chicken Nuggets Mashed Potatoes Whole Wheat Roll
<b>Fruits &amp; Vegetables</b>	Carrots/Cucumber Dippers Fresh Apples	Baked Beans Carrots/Celery Dippers Fresh Oranges	Carrots/Jicama Dippers Fresh Pear or Banana Pineapple Tidbits	Carrots/Celery Dippers Mixed Green Salad Grapes & Green Apple Sliced Peaches	5 Vegetable Blend Carrots w/Asst. Veggies Fresh Oranges Peach Mango Applesauce
<b>The Grill</b>	Steakburger or Chicken Sandwich Potato Rounds	Patty Melt or Chicken Sandwich Chips	Steakburger or Chicken Sandwich Potato Rounds	Corn Dog or Chicken Sandwich Potato Rounds	Regular or Spicy Chicken Sandwich Chips
<b>Pizzeria or Con Salsa</b>	Chile Colorado Flour Tortilla Mexican Rice	Mascot Tacos Mexican Rice Taco Fiesta Black Beans	Spicy Chicken Tenders Mashed Potatoes Whole Wheat Roll	Beef Fingers Mashed Potatoes Whole Wheat Roll	Pepperoni Pizza Mixed Green Salad

Menus Subject to Changes

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

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

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

November					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	--

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

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

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

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

April					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		2

May					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	

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

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