

EPISD

Food & Nutrition Services

Elementary School Regular Breakfast Calendar Menu

Breakfast:
\$1.35 Paid
\$0.00 Reduced
Lunch:
\$2.10 Elementary
\$2.40 MSHS
\$.40 Reduced

Breakfast Menu

Served Daily: Milk, Cold Cereal, Oatmeal
Juice, and Fresh Fruit

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|-------------------------|-------------------------------------------------|------------------------------------|-----------------------------------------|---------------|
| WEEK 1 | Grilled Cheese Sandwich | Breakfast Pizza | Breakfast Burrito | Homemade Pancakes Pork Sausage Patty | Cinnamon Roll |
| WEEK 2 | Breakfast Burrito | Sausage, Egg, and Cheese Croissant | Yogurt Parfait | French Toast Sticks/ Scrambled Eggs | Coffeecake |
| WEEK 3 | Chicken & Waffles | Breakfast Pizza | Yogurt Parfait | Homemade Pancakes Pork Sausage Patty | Cinnamon Roll |
| WEEK 4 | Bean & Cheese Burrito | Scrambled Eggs Sausage Patty Diced Potato | Sausage, Egg, and Cheese Croissant | Peanut Butter Banana Roll | Coffeecake |

Lunch Menu

Served Daily: Fresh Fruit and Milk

Menus subject to change based on
availability of menu items.

| WEEK 1 | | | | | |
|-------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN ENTREE | Save the Planet Pizza Buttery Corn Mixed Green Salad | Steakburger Savory Fries Carrots & Celery Dippers | Aloha BBQ Drumstick Whole Wheat Roll Mashed Potatoes w/gravy Ranchero Beans | Chicken Nuggets Whole Wheat Roll Mashed Potatoes Carrots w/ Assorted Veggies | Tostada Dippers Mexican Rice Carrots/Celery |
| THE DELI | Peanut Butter & Jelly Sandwich | Munchangles | Uncrustable Graham Crackers | Peanut Butter & Jelly Sandwich | Turkey & Cheese Sandwich |
| SALADS | Asian Veggie Nugget Salad | Crispy Chicken Salad | Asian Chicken Salad | Chicken Caesar Salad | Tuna or Fajita Salad |
| WEEK 2 | | | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN ENTREE | Veggie Nuggets Whole Wheat Roll Juicy Corn Carrots w/ Assorted Veggies | Noodle & Dumplings Bowl California Blend Carrots & Celery Dippers | Hot Dog Ranch Beans Carrots & Cucumber Dippers | Chicken Tenders Whole Wheat Roll Mashed Potatoes Zucchini Spears | Pizza EatSmart Box Green Beans Fresh Broccoli w/ Cherry Tomatoes |
| THE DELI | Peanut Butter & Jelly Sandwich | Munchangles | Turkey & Cheese Sandwich | Peanut Butter EatSmart Box | Uncrustable Graham Crackers |
| SALADS | Veggie Nugget Salad | Crispy Chicken Salad | Asian Chicken Salad | Chicken Caesar Salad | Tuna or Fajita Salad |
| WEEK 3 | | | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN ENTREE | Bean Tapatias Mexican Rice Fiesta Corn | Crispy Chicken Sandwich Savory Fries Carrots & Cucumber Dippers | Pepperoni Pizza Orange Delight Carrot Coins Mixed Green Salad | Mac N' Cheese Bowl Broccoli Carrots w/ Assorted Veggies | Carne Asada Fries Refried Beans Carrots & Cucumber Dippers |
| THE DELI | Uncrustable Graham Crackers | Turkey & Cheese Sandwich | Peanut Butter EatSmart Box | Peanut Butter & Jelly Sandwich | Turkey & Cheese Sandwich |
| SALADS | Veggie Nugget Salad | Crispy Chicken Salad | Asian Chicken Salad | Crispy Chicken Salad | Tuna or Fajita Salad |
| WEEK 4 | | | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN ENTREE | Save the Planet Burger French Fries Carrots & Cucumber Dippers | Beef Tacos Mexican Rice Refried Beans | Orange Chicken Bites Brown Rice Stir Fry Veggies Carrots & Jicama Dippers | Spaghetti w/ Meat sauce Garlic Knot Broccoli & Cheese Mixed Green Salad | Fish Nuggets Mac & Cheese WW Roll California Blend Carrots & Celery Dippers |
| THE DELI | Peanut Butter & Jelly Sandwich | Uncrustable Graham Crackers | Peanut Butter EatSmart Box | Munchangles | Pizza EatSmart Box |
| SALADS | Veggie Nugget Salad | Crispy Chicken Salad | Asian Chicken Salad | Chicken Caesar Salad | 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 | |
| | | | | | 1 |
| 3 | 4 | 5 | 6 | 7 | |
| 10 | 11 | 12 | 13 | 14 | |
| 17 | 18 | 19 | 20 | 21 | |
| 24 | 25 | 26 | 27 | 28 | |

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