

EPISD

Food & Nutrition Services

Middle & High School

Calendar Menu

Menus subject to change based on availability of menu items.

Breakfast Menu

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Bean & Cheese or Potato Burrito	Breakfast Burrito Pancakes & Sausage	Egg & Chorizo Burrito Yogurt Bar	Breakfast Burrito Breakfast Pizza	Breakfast Burrito Coffee Cake
Week 2	Bean & Cheese or Potato Burrito French Toast Sticks	Breakfast Burrito Breakfast Croissant	Potato Burrito Breakfast Pizza	Breakfast Burrito Chicken & Waffles	Breakfast Burrito Cinnamon Roll
Week 3	Bean & Cheese or Potato Burrito	Breakfast Burrito Pancakes & Sausage	Egg & Chorizo Burrito Yogurt Parfait	Breakfast Burrito Breakfast Pizza	Chilaquiles w/ Scrambles Eggs Coffee Cake
Week 4	Bean & Cheese or Potato Burrito French Toast Sticks	Breakfast Burrito Peanut Butter & Jelly Sandwich	Potato Burrito Strawboli	Breakfast Burrito Breakfast Chicken Biscuit	Egg & Chorizo Burrito Cinnamon Roll

Lunch Menu

Fresh fruit and milk served daily for lunch

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Campus Favorite Broccoli w/ Cheese Cucumber Dippers Corn Hot/Fresh Veggies Carrot/Celery Dippers The Grill Steakburger, Regular or Spicy Chicken Sandwich Chips Pizzeria, Con Salsa & Entree Salad Cheese Pizza Mixed Green Salad	Beef Tacos Mexican Rice Taco Fiesta Black Beans Carrot/Celery Dippers Regular or Spicy Chicken Sandwich Savory Fries	Aloha BBQ Drumsticks Mashed Potatoes Whole Wheat Roll Carrots/Asst. Veggies Seasoned Green Beans Regular or Spicy Chicken Sandwich Chips PizzaBoli	Chicken Nuggets Mashed Potatoes Whole Wheat Roll Carrots/Cucumber Dippers Steakburger or Cheeseburger Savory Fries Chicken Caesar Salad	Tostadas Supreme Ranchero Beans Carrots/Jicama Dippers Regular or Spicy Chicken Sandwich Chips Veggie Power Bowl Mexican Rice Ranchero Beans
Week 2	Campus Favorite Spaghetti w/ Meatballs Garlic Knot Corn Hot/Fresh Veggies Mixed Green Salad Carrots/Cucumber Dippers The Grill Regular or Spicy Chicken Sandwich Savory Fries Pizzeria, Con Salsa & Entree Salad Veggie Nuggets Salad	Szechuan Chicken Bites Brown Rice Stir Fry Veggies Carrots/Celery Dippers Steakburger/Cheeseburger Savory Fries Spicy Chicken Salad	Spicy Chicken Tenders Cheesy Mashed Potatoes Whole Wheat Roll 5 Vegetable Blend Carrots/Celery Dippers Regular or Spicy Chicken Sandwich Chips Pepperoni Pizza	Steak Fingers Whole Wheat Roll Mashed Potatoes Ranchero Beans Carrots/Jicama Dippers Regular or Spicy Chicken Sandwich Chips Green Chili Chicken Pupusa	Fish Nuggets 3 Cheese Cavatappi 5-Veggie Blend Whole Wheat Breadstick Carrots/Asst. Veggies Regular or Spicy Chicken Sandwich Savory Fries Chicken Alfredo Garlic Knot
Week 3	Campus Favorite Szechuan Chicken Bites Brown Rice Stir Fry Veggies Hot/Fresh Veggies Carrots/Cucumber Dippers The Grill Steakburger/Cheeseburger Chips Pizzeria, Con Salsa & Entree Salad Veggie Nuggets Salad/Bean & Cheese Pupusa	Tostada Supreme Ranchero Beans Carrots/Celery Dippers Regular or Spicy Chicken Sandwich Savory Fries	Breaded Drumstick Mashed Potatoes Whole Wheat Roll Broccoli & Cheese Carrots w/ Asst. Veggies Pepperoni Pizza Corn	Loaded Carne Asada Fries Carrots/Cucumber Dippers Regular or Spicy Chicken Sandwich Chips Red or Green Enchiladas Mexican Rice Refried Beans Caesar Salad	Asian Bowl Mixed Green Salad Carrots/Jicama Dips Regular or Spicy Chicken Sandwich Chips Pepperoni Pizza
Week 4	Campus Favorite Pizzaboli Corn Hot/Fresh Veggies Carrots/Cucumber Dippers Ranchero Beans The Grill Regular or Spicy Chicken Sandwich Savory Fries Pizzeria, Con Salsa & Entree Salad Mascot Tacos Mexican Rice Fiesta Black Beans Veggie Nugget Salad	Szechuan Chicken Bites Brown Rice Stir Fry Veggies Baked Beans Carrots/Jicama Dippers Steakburger/Cheeseburger Chips Chicken Nuggets Mashed Potatoes Whole Wheat Roll	Pulled Pork Baker Dinner Roll Carrots/Celery Dippers Baked Beans Steakburger or Chicken Strip Melt Chips Chile Colorado Mexican Rice Refried Beans	Spaghetti w/ Meatballs Whole Wheat Breadstick Corn Mixed Green Salad Carrots/Celery Dippers Regular or Spicy Chicken Sandwich Savory Fries Caesar Salad	Spicy Chicken Tenders Cheesy Mashed Potatoes Whole Wheat Roll 5 Vegetable Blend Carrots w/Asst. Veggies Steakburger/Cheeseburger Chips Pepperoni Pizza Mixed Green Salad Tuna Salad Sandwich

Menus Subject to Changes

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

September					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

October					Week
M	T	W	T	F	
3	4	5	6	7	--
10	11	12	13	14	--
17	18	19	20	21	2
24	25	26	27	28	3
31					4

November					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	--
28	29	30			3

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

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

February					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				2

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

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

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

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

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