

ECISD August 2023 Middle School Menu

WK1

14
Breakfast Pizza, Muffin & Cereal,
Strawberry Banana Smoothie,
Fruit, Juice, & Milk

Pizza Cheese Sticks, Hotdog on a Bun, Green Beans, Sweet Potato Cross, Mixed Green Salad, Applesauce, Fresh Banana

15
Biscuit and Sausage, Dutch Waffle, Blueberry Smoothie, Fruit, Juice & Milk

Buffalo Chicken Bites w/ Cornbread, Baked Potato, Seasoned Crispy Fries, Steamed Broccoli, Cucumber Slices, Peaches w/ topping, Fresh Pear

16
French Toast Sticks, Nutri-Grain Bar & Cereal, Pineapple Mango Smoothie, Fruit, Juice & Milk

Pork Tamales, (Bean, Beef and Cheese Burrito), Seasoned Pinto Beans, Spanish Rice, Celery and Tomatoes, Fruit Cocktail, Fresh Orange

17
Bean and Cheese Taco, Fruit Yogurt Parfait w/ Granola, Strawberry Smoothie, Fruit, Juice & Milk

Frito Pie w/ Cheese, BBQ Chicken Ranch Wrap, Corn, Baby Carrots, Mandarin Oranges, Fresh Apple

18
Donut Holes, Pop-Tart & Cereal, Mango Smoothie, Fruit, Juice & Milk

Spaghetti w/ Meat Sauce, Spaghetti w/ Alfredo, Homemade Breadstick, Peas, Steamed Carrots, Fresh Broccoli, Blueberries, Fresh Fruit

WK2

21
Pancake Sausage Wrap, Pineapple Mango Yogurt Parfait w/ Granola, Strawberry Banana Smoothie, Fruit, Juice & Milk

Pepperoni Pizza, Cheese Pizza, Green Beans, Sweet Potato Cross, Mixed Green Salad, Applesauce, Fresh Orange

22
Biscuit and Chicken, Breakfast Concha, Blueberry Smoothie, Fruit, Juice & Milk

Chicken Nuggets w/ Roll, Toasted Cheese Sandwich, Mashed Potatoes w/ Gravy, Cucumber Slices, Steamed Broccoli, Sliced Peaches, Fresh Banana

23
Cinnamon Roll, Sausage Egg and Cheese Breakfast Bites, Pineapple Mango Smoothie, Fruit, Juice, & Milk

Beef & Cheese Nachos, Cheese Nachos, Seasoned Pinto Beans, Corn, Celery and Tomatoes, Fruit Cocktail, Fresh Apple

24
Bacon and Egg Taco, Pancakes, Strawberry Smoothie, Fruit, Juice & Milk

Asian Chicken w/ Fried Rice, Breaded Cheese Sticks w/ Marinara, Peas and Carrots, Baby Carrots, Mandarin Oranges, Fresh Pear

25
Sausage Kolache, Glazed Donut, Mango Smoothie, Fruit, Juice & Milk

Pulled Pork, Cheese Popper Bites w/ Mariana, Waffle Fries, Fresh Broccoli, Pineapple Tidbits, Fresh Fruit

WK3

28
Strawberry Bagels, Egg and Cheese English Muffin, Strawberry Banana Smoothie, Fruit, Juice & Milk

Cheeseburger, Chicken Drumstick w/ Breadstick, Sweet Potato Cross, Green Beans, Lettuce and Tomato Trimmings, Applesauce, Fresh Orange

29
Chicken & Waffles, Muffin and Cereal, Strawberry Smoothie, Fruit, Juice & Milk

Steak Fingers w/ Roll, Turkey Club Sandwich, Mashed Potatoes w/ Gravy, Steamed Broccoli, Cucumber Slices, Sliced Peaches, Fresh Pear

30
Cinnamon Roll, Pop-Tart & Cereal, Pineapple Mango Smoothie, Fruit, Juice & Milk

Crispy Beef Tacos, Cheese Enchiladas, Spanish Rice, Seasoned Pinto Beans, Lettuce and Tomato Trimmings, Celery and Tomatoes, Fruit Cocktail, Fresh Orange

31
Strawberry Yogurt Parfait w/ Granola, Chorizo and Egg Tacos, Blueberry Smoothie, Fruit, Juice & Milk

Chicken Tenders w/ Roll, Yogurt and Cheese Stick, Corn, Baby Carrots, Mandarin Oranges, Fresh Apple

1
Egg and Cheese Early Riser, Cereal & Nutri-grain Bar, Mango Smoothie, Fruit, Juice & Milk

Fish Stick and Mac and Cheese, Spicy Chicken Sandwich, Seasoned Crispy Fries, Steamed Carrots, Fresh Broccoli, Blueberries, Fresh Fruit

Chef Salad and Protein Box offered Monday & Wednesday, Chicken Fajita Salad, Pretzel & Cheese, and Graze and Go Box Offered Tuesday & Thursday. Peanut Butter and Jelly Uncrustable offered Daily, Adult Meal Prices: Breakfast: \$3.20 Lunch: \$4.80

This institution is an equal opportunity provider