

ECISD August 2023 Middle School Menu

WK1

<p>14 Breakfast Pizza, Muffin & Cereal, Strawberry Banana Smoothie, Fruit, Juice, & Milk</p> <p>Pizza Cheese Sticks, Hotdog on a Bun, Green Beans, Sweet Potato Cross, Mixed Green Salad, Applesauce, Fresh Banana</p>	<p>15 Biscuit and Sausage, Dutch Waffle, Blueberry Smoothie, Fruit, Juice & Milk</p> <p>Buffalo Chicken Bites w/ Cornbread, Baked Potato, Seasoned Crispy Fries, Steamed Broccoli, Cucumber Slices, Peaches w/ topping, Fresh Pear</p>	<p>16 French Toast Sticks, Nutri-Grain Bar & Cereal, Pineapple Mango Smoothie, Fruit, Juice & Milk</p> <p>Pork Tamales, (Bean, Beef and Cheese Burrito), Seasoned Pinto Beans, Spanish Rice, Celery and Tomatoes, Fruit Cocktail, Fresh Orange</p>	<p>17 Bean and Cheese Taco, Fruit Yogurt Parfait w/ Granola, Strawberry Smoothie, Fruit, Juice & Milk</p> <p>Frito Pie w/ Cheese, BBQ Chicken Ranch Wrap, Corn, Baby Carrots, Mandarin Oranges, Fresh Apple</p>	<p>18 Donut Holes, Pop-Tart & Cereal, Mango Smoothie, Fruit, Juice & Milk</p> <p>Spaghetti w/ Meat Sauce, Spaghetti w/ Alfredo, Homemade Breadstick, Peas, Steamed Carrots, Fresh Broccoli, Blueberries, Fresh Fruit</p>
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WK2

<p>21 Pancake Sausage Wrap, Pineapple Mango Yogurt Parfait w/ Granola, Strawberry Banana Smoothie, Fruit, Juice & Milk</p> <p>Pepperoni Pizza, Cheese Pizza, Green Beans, Sweet Potato Cross, Mixed Green Salad, Applesauce, Fresh Orange</p>	<p>22 Biscuit and Chicken, Breakfast Concha, Blueberry Smoothie, Fruit, Juice & Milk</p> <p>Chicken Nuggets w/ Roll, Toasted Cheese Sandwich, Mashed Potatoes w/ Gravy, Cucumber Slices, Steamed Broccoli, Sliced Peaches, Fresh Banana</p>	<p>23 Cinnamon Roll, Sausage Egg and Cheese Breakfast Bites, Pineapple Mango Smoothie, Fruit, Juice, & Milk</p> <p>Beef & Cheese Nachos, Cheese Nachos, Seasoned Pinto Beans, Corn, Celery and Tomatoes, Fruit Cocktail, Fresh Apple</p>	<p>24 Bacon and Egg Taco, Pancakes, Strawberry Smoothie, Fruit, Juice & Milk</p> <p>Asian Chicken w/ Fried Rice, Breaded Cheese Sticks w/ Marinara, Peas and Carrots, Baby Carrots, Mandarin Oranges, Fresh Pear</p>	<p>25 Sausage Kolache, Glazed Donut, Mango Smoothie, Fruit, Juice & Milk</p> <p>Pulled Pork, Cheese Popper Bites w/ Mariana, Waffle Fries, Fresh Broccoli, Pineapple Tidbits, Fresh Fruit</p>
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WK3

<p>28 Strawberry Bagels, Egg and Cheese English Muffin, Strawberry Banana Smoothie, Fruit, Juice & Milk</p> <p>Cheeseburger, Chicken Drumstick w/ Breadstick, Sweet Potato Cross, Green Beans, Lettuce and Tomato Trimmings, Applesauce, Fresh Orange</p>	<p>29 Chicken & Waffles, Muffin and Cereal, Strawberry Smoothie, Fruit, Juice & Milk</p> <p>Steak Fingers w/ Roll, Turkey Club Sandwich, Mashed Potatoes w/ Gravy, Steamed Broccoli, Cucumber Slices, Sliced Peaches, Fresh Pear</p>	<p>30 Cinnamon Roll, Pop-Tart & Cereal, Pineapple Mango Smoothie, Fruit, Juice & Milk</p> <p>Crispy Beef Tacos, Cheese Enchiladas, Spanish Rice, Seasoned Pinto Beans, Lettuce and Tomato Trimmings, Celery and Tomatoes, Fruit Cocktail, Fresh Orange</p>	<p>31 Strawberry Yogurt Parfait w/ Granola, Chorizo and Egg Tacos, Blueberry Smoothie, Fruit, Juice & Milk</p> <p>Chicken Tenders w/ Roll, Yogurt and Cheese Stick, Corn, Baby Carrots, Mandarin Oranges, Fresh Apple</p>	<p>1 Egg and Cheese Early Riser, Cereal & Nutri-grain Bar, Mango Smoothie, Fruit, Juice & Milk</p> <p>Fish Stick and Mac and Cheese, Spicy Chicken Sandwich, Seasoned Crispy Fries, Steamed Carrots, Fresh Broccoli, Blueberries, Fresh Fruit</p>
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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