

BREAKFAST MENU

Monday - Whole Grain Donut w/Sausage Patty, Biscuit w/Sausage Patty, Cereal w/Toast, Danimals Yogurt, Fruit & Yogurt Parfait

Tuesday - Egg Patty w/Ham and Toast, Mini Waffles, Oatmeal w/Toast, Cereal w/Toast, Danimals Yogurt

Wednesday - Cinnamon Roll w/Sausage Link, Scrambled Eggs w/Sausage, Cereal w/Toast, Danimals Yogurt, Fruit & Yogurt Parfait

Thursday - Bacon & Egg Taco, Cranberry Bread, Oatmeal w/Toast , Cereal w/Toast, Danimals Yogurt

Friday - Pancake on a Stick, Breakfast Pizza, Cereal w/Toast, Danimals Yogurt, Fruit & Yogurt Parfait

FOR A REIMBURSABLE BREAKFAST MEAL STUDENTS MUST CHOOSE 3 MENU ITEMS INCLUDING A FRUIT AND OR JUICE.

FOOD COMPONENTS INCLUDE:

GRAIN, FRUIT OR JUICE, VEGETABLE(IF APPLICABLE), MEAT AND MILK..

ONE COMPONENT MUST BE A FRUIT AND/OR JUICE

A LA CARTE OPTIONS ARE AVAILABLE.

A LA CARTE PRICES WILL BE CHARGED IF LESS THAN 3 MENU ITEMS ARE SELECTED OR IF ADDITIONAL ITEMS ARE CHOSEN.

The East Central ISD announced a change to its policy and will be serving free meals to Pre-K -5 grade students served under the National School Lunch Program and School Breakfast Program for the 2019-2020 school year.

The following schools Pecan Valley Elementary, Harmony Elementary, Sinclair Elementary, Oak Crest Elementary, Highland Forest Elementary, Salado Elementary, and Tradition Elementary qualify to operate the Community Eligibility Provision (CEP). The ECISD Elementary Schools will provide students free breakfast and lunch.

A Free & Reduced application will not be needed for these students however, Legacy Middle School, Heritage Middle School and East Central High School students will need a 2019-2020 Free and Reduced application.

FOR ADULT/VISITOR PRICES CHECK WITH YOUR STUDENTS CAMPUS CAFETERIA MANAGER

Menu



8/19, 9/2, 9/16, 9/30, 10/14, 10/28, 11/11, 12/2,
12/16, 1/13, 1/27, 1/10, 2/24, 3/16, 3/30, 4/1,
4/13, 4/27, 5/11, 5/25

FOR A REIMBURSABLE LUNCH MEAL SELECT 3 TO 5
COMPONENTS: MEAT/MEAT ALTERNATE, GRAIN,
VEGETABLE, FRUIT, AND A CHOICE FROM A VARIETY
OF MILK OFFERED.

Monday

Toasted Ham and Cheese Sandwich
w/Chicken Noodle Soup
or
Spaghetti w/Meatballs
w/Garlic Breadsticks
Spinach
Steamed Carrots
Fresh Green Salad
Mandarin Oranges

Tuesday

Chicken Fried Steak
or
Chicken Nuggets
Wheat Roll
Cream or Peppered Gravy
Mashed Potatoes
Green Beans
Cucumbers w/Ranch
Peaches w/Whip Topping

Wednesday

Queso Taco Snacks
or
Beef Taco Salad
Spanish Rice
Pinto Beans
Sweet Corn
Baby Carrots w/Ranch
Pears w/Cranberries

Thursday

Asian Chicken
w/Steamed Rice
or
Beef and Bean Burrito
Sweet Potato Fries
Steamed Broccoli
Fresh Green Salad
Applesauce

Friday

Cheese Sticks
w/Marinara Sauce
or
Hot Dog
Potato Smiles
Fresh Green Salad
Celery Sticks
w/Cherry Tomatoes
Pineapple w/Grapes



Week 2

Menu

WEEK 1 & WEEK 2 DAILY OPTIONS

Monday-PB&J Sandwich w/Cheese stick/ /Cobb Salad w/flatbread //Turkey & Cheese Sandwich//Yogurt with granola and cheese stick

Tuesday-PB&J Sandwich w/Cheese stick//Ham and Cheese Pinwheel//Turkey Lunch Kit//Baked Potato w/ Cheese Sandwich//Yogurt with granola and cheese stick

Wednesday- PB&J Sandwich w/Cheese stick//Chef Salad w/flatbread//Ham & Cheese Sandwich on Pretzel Roll//Yogurt with granola and cheese stick

Thursday-PB&J Sandwich w/Cheese Stick//Turkey & Cheese Pinwheel//Ham Lunch Kit//Baked Potato w/Cheese Sandwich//Yogurt with granola and cheese stick

Friday-PB&J Sandwich w/Cheese Stick//Asian Salad w/flatbread//Italian Sub//Yogurt with granola and cheese stick

8/26, 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/9, 1/6, 1/20, 2/3, 2/17, 3/2, 3/23, 4/6, 4/20, 5/4, 5/18

Monday

Pasta Bake
w/Garlic Bread Sticks
or
Corn Dog
Spinach
Steamed Carrots
Fresh Green Salad
Mandarin Oranges

Tuesday

Chicken Nuggets
or
Steak Fingers
Wheat Roll
Cream or Peppered Gravy
Mashed Potatoes
Green Beans
Cucumbers w/Ranch
Peaches w/Whip Topping

Wednesday

Crispy Beef Tacos
or
Chicken Fajita Nachos
Spanish Rice
Black Beans
Sweet Corn
Baby Carrots w/Ranch
Pears w/Cranberries

Thursday

Macaroni Supreme
or
Cheeseburger
Sweet Potato Fries
Steamed Broccoli
Fresh Green Salad
Applesauce

Friday

Pepperoni or Cheese Pizza
or
Fish Sticks w/Wheat Roll
Potato Tots
Fresh Green Salad
Celery Sticks
w/Cherry Tomatoes
Pineapple w/Grapes

Pre-payments of \$20 receive a bonus of \$2 applied to the meal account.

ONLINE



To pay online, go to MYPAYMENTSPLUS.COM. Student ID number needed for account set up.

CHECKS



Checks should be brought to the cafeteria for deposit into student's lunch account. Include Student ID and name on all checks.

CASH



Cash should be brought to the cafeteria for deposit into student's lunch account. Students may pay with cash on a daily basis.

Money left in a student account at the end of the year will roll over to the following year. Refunds will be provided upon request.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

La Ley Nacional de Alimentos Escolares Richard B. Russell pide la información arriba en esta solicitud. No tiene que dar la información, pero si usted no la provee, no podemos aprobar comida gratuita o de precio reducido para sus niños. Usted debe incluir los últimos cuatro números del Seguro Social (SSN) del adulto que firma la solicitud. Los últimos cuatro números del SSN no se requieren cuando usted solicita de parte de un niño adoptivo temporal o usted incluye un número de caso del Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés), el Programa de Asistencia Temporal Para Familias Necesitadas (TANF, por sus siglas en inglés) o el Programa de Distribución de Comida en Reservaciones Indígenas (FDPIR, por sus siglas en inglés) u otra identificación FDPIR de su niño. Tampoco necesita indicar el número del SSN si el adulto del hogar que firma la solicitud no tiene. Utilizamos su información para determinar si su niño es elegible para la comida gratuita o de precio reducido, y para administrar y hacer respetar los programas de almuerzo y desayuno. Podemos compartir la información sobre su elegibilidad con los programas de educación, salud, y nutrición para ayudarles a evaluar, financiar, o determinar los beneficios de sus programas, así como con los auditores de revisión de programas, y los oficiales encargados de investigar violaciones del reglamento programático.

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA. Las personas con discapacidades que necesitan medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas. Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en: http://www.ascr.usda.gov/complaint_filing_cust.html y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por: (1) correo: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; o (3) correo electrónico: program.intake@usda.gov. Esta institución es un proveedor que ofrece igualdad de oportunidades.

INTERESTED IN WORKING FOR EAST CENTRAL ISD CHILD NUTRITION?

WE OFFER: Part-time & Full Time Positions, Excellent Benefits, Advancement Opportunities

Apply Online at www.ecisd.net Questions? Call (210) 634 - 6260