

# 2018 – 2019 EAST CENTRAL ISD ELEMENTARY & INTERMEDIATE BREAKFAST

**Monday**-French Toast Sticks, Biscuit w/Sausage Patty, Oatmeal w/Toast, Cereal w/Toast, Danimals Yogurt, Fruit & Yogurt Parfait

**Tuesday**-Breakfast Pizza, Mini Pancakes, Oatmeal w/Toast, Cereal w/Toast, Danimals Yogurt, Peach & Granola Parfait

**Wednesday**-Cinnamon Roll, Eggo Waffle w/Sausage, Oatmeal w/Toast , Cereal w/Toast, Danimals Yogurt, Fruit & Yogurt Parfait

**Thursday**-Bacon & Egg Taco, Bean & Cheese Taco, Cranberry Bread, Oatmeal w/Toast , Cereal w/Toast, Danimals Yogurt, Blueberry & Granola Parfait

**Friday**-Scrambled Eggs ,Pancake on a Stick, Oatmeal w/Toast, Cereal w/Toast, Danimals Yogurt, Fruit & Yogurt Parfait

BREAKFAST PRICE	FULL PRICE	REDUCED PRICE	LUNCH PRICE	FULL PRICE	REDUCED PRICE
STUDENT	\$0.85	\$0.30	STUDENT	\$2.35	\$0.40
ADULT AND VISITOR	\$2.00		ADULT AND VISITOR	\$3.55	

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

A FRUIT OR VEGETABLE MUST BE SELECTED AS A MEAL ITEM.

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



# eats.

## Week 1

Monday

Turkey Club Sandwich  
w/ Chicken Noodle Soup  
Or  
Beef & Bean Burrito

Spinach  
Baby Carrots w/ Ranch  
Fresh Green Salad

Mandarin Oranges

Tuesday

Chicken Nuggets  
Or  
Salisbury Steak w/  
Brown Gravy  
Wheat Roll  
Mashed Potatoes  
Green Beans  
Cucumbers  
w/Ranch  
Peaches w/Whip  
Topping

8/27, 9/9, 9/23, 10/7, 10/21,  
11/4, 11/25, 12/9, 1/6, 1/20, 2/3,  
2/7, 3/3, 3/24, 4/7, 4/21, 5/5,  
5/19, 6/2

Thursday

Orange Chicken  
with  
Stir Fried Rice  
Or  
Hot Dog  
Corn  
Potato Smiles  
Celery Sticks  
w/Cherry Tomatoes  
Pears w/  
Cranberries

Why did the student eat his  
homework?  
The teacher told him it was  
a piece of cake.

Love Lemon

Wednesday

Chicken Taco  
Salad  
Or  
Queso Taco Snacks  
Spanish Rice  
Pinto Bean  
Fresh Green Salad  
Baby Carrots  
Blueberries w/ Whip  
Topping

Friday

Pepperoni Pizza  
Or  
Breaded Chicken  
Sandwich  
Sweet Potato Fries  
Baked Beans  
Steamed Broccoli  
Applesauce

**Monday**-PB&J Sandwich w/Cheese stick/ /Asian Chicken Salad//Ham & Cheese Sandwich//Baked Potato w/Cheese Sandwich  
**Tuesday**-PB&J Sandwich w/Cheese stick/Chef Salad//Turkey & Cheese Sandwich//Tuna Sandwich//Yogurt w/Cheese Stick  
**Wednesday**- PB&J Sandwich w/Cheese stick//Tuna salad//Ham & Cheese Sandwich//Baked Potato w/Cheese Sandwich//Yogurt w/Cheese Stick  
**Thursday**-PB&J Sandwich w/Cheese Stick//Chicken Fajita Salad w/Tortilla Chips// Turkey & Cheese Sandwich//Turkey Wrap  
**Friday**-PB&J Sandwich w/Cheese Stick//Vegetable Salad//Italian Sub//Baked Potato w/ Cheese Sandwich//Yogurt w/Cheese Stick

# eats.

## Week 2

**Monday**

Spaghetti w/Meatballs  
w/Garlic Bread  
OR  
Corndog  
Spinach  
Baby Carrots w/ranch  
Fresh Green Salad  
Mandarin Oranges

**Tuesday**

Steak Fingers  
Or  
Chicken Nuggets  
Mashed Potatoes  
Wheat Roll  
Green Beans  
Fresh Green Salad  
Cucumbers w/Ranch  
Peaches w/Whip  
Topping

9/2, 9/16, 9/30, 10/14, 10/28,  
11/11, 12/2, 12/16, 1/3, 1/27,  
2/10, 2/24, 3/17, 3/31, 4/14,  
4/28, 5/12, 5/26

**Thursday**

Hamburger  
Or  
Macaroni Supreme  
Corn  
Potato Tots  
Celery Sticks w/  
Cherry Tomatoes  
Pears w/Cranberries

**Friday**

Cheese Pizza  
Or  
Fish Sticks w/Roll  
Sweet Potato Fries  
Baked Beans  
Steamed Broccoli  
Applesauce

What's the fastest vegetable?  
A runner bean

**Wednesday**

Crispy Beef Taco  
Or  
Chicken Fajita Taco  
Veggie Mix  
Pinto Beans  
Fresh Green Salad  
Baby Carrots w/Ranch  
Blueberries w/ Whip  
Topping

**2018-2019 East Central ISD**

**Elementary & Intermediate**