

East Central ISD 2020-2021 Middle School Fall Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Pancake on a Stick Cinnamon Toast Crunch w/Toast Fresh Bananas Yogurt Parfait w/Granola Orange Juice	Biscuit and Egg Sandwich Cocoa Puffs w/Toast Fresh Oranges Peach Fruit Parfait Apple Juice	Cinnamon roll w/Lil Smokie Lucky Charm w/Toast Fresh Pears Yogurt Parfait w/Granola Orange Juice	Oatmeal w/Toast Cheerios w/Toast Raisins Strawberry Fruit Parfait Apple Juice	Donut/Sausage Trix w/Toast Fresh Apples Yogurt Parfait w/Granola Orange Juice

BREAKFAST ITEMS INCLUDE: GRAIN, FRUIT, JUICE AND MILK. FRESH FRUIT SERVED AT BREAKFAST DAILY

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 9/14, 9/28, 10/12, 10/26, 11/9, 11/30, 12/14, 1/11, 1/25, 2/8, 2/22, 3/15, 3/29, 4/12, 4/26, 5/10, 5/24	Asian Chicken w/Fried Rice & Egg Roll with Steamed Broccoli Steamed Carrots Mixed Fruit or Ham and Cheese Sandwich Fresh Broccoli w/Ranch Baby Carrots w/Ranch Lettuce and Tomato Cup Mixed Fruit	Chicken Nuggets w/Wheat Roll & Dipping Sauce with Mashed Potato Green Beans Peaches w/whip topping or Turkey and Cheese Flatbread Deli Kit Jicama Cucumbers w/Ranch Peaches w/whip topping	Burrito w/Salsa or Crispy Beef Tacos Pinto Beans Corn Lettuce w/Diced Tomato Pears w/Grapes	Macaroni Supreme w/Breadstick with Mixed Vegetables Sweat Potato Fries Applesauce or Italian Sub Sandwich Celery Sticks w/Ranch Cherry Tomatoes w/Ranch Lettuce and Tomato Cup Applesauce	Pepperoni Pizza with Green Peas Potato Tots Strawberries w/whip topping or Tuna Sandwich Green Salad w/Ranch Cherry Tomatoes w/Ranch Strawberries w/whip topping
Week 2 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7, 1/4, 1/18, 2/1, 2/15, 3/1, 3/22, 4/5, 4/19, 5/3, 5/17	Hot Dog with Steamed Broccoli Steamed Carrots Mixed Fruit or Ham and Cheese Sandwich Fresh Broccoli Baby Carrots Lettuce and Tomato Cup Mixed Fruit	Steak Fingers w/Wheat roll with Mashed Potato Green Beans Cream Gravy Peaches w/whip topping or Turkey and Cheese Flatbread Deli Kit Jicama Cucumbers w/Ranch Peaches w/whip topping	Beef Taco Salad w/Chips and Salsa or Soft Chicken Fajita Taco w/Salsa Pinto Beans Corn Lettuce w/Diced Tomato Pears w/Grapes	Cheeseburger with Potato Smiles Mixed Vegetables Lettuce & Tomato Cup Applesauce or Chili Cheese Baked Potato Spinach Mixed Vegetables Applesauce	Baja Fish Tacos w/Chipotle Sauce with Green Peas Sweet Potato Fries Strawberries w/whip topping or Italian Sub Sandwich Celery Sticks w/Ranch Cherry Tomatoes w/Ranch Lettuce and Tomato Cup Strawberries w/whip topping

Thanksgiving - Nov 17

Holiday Meal - Dec 18

LUNCH COMPONENTS INCLUDE: GRAIN, VEGETABLE, FRUIT, MEAT, MILK. CHOICE OF 1% WHITE OR SKM CHOCOLATE MILK. MENU'S SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF FOOD ITEMS

CURBSIDE MEALS AVAILABLE TO STUDENTS NOT IN ATTENDANCE IN SCHOOL.

THE EAST CENTRAL ISD HAS HAD A CHANGE TO ITS POLICY AND WILL BE SERVING FREE MEALS TO PRE-K - 8 GRADE STUDENTS FOR THE 2020-2021 SCHOOL YEAR. THE FOLLOWING SCHOOLS ARE: PECAN VALLEY ELEMENTARY, HARMONY ELEMENTARY, SINCLAIR ELEMENTARY, OAK CREST ELEMENTARY, HIGHLAND FOREST ELEMENTARY, SALADO ELEMENTARY, TRADITION ELEMENTARY, HERITAGE MIDDLE SCHOOL, AND LEGACY MIDDLE SCHOOL QUALIFY TO OPERATE THE COMMUNITY ELIGIBILITY PROVISION(CEP).

NEED TO PUT MONEY IN YOUR STUDENTS ACCOUNT? WANT TO KNOW WHAT YOUR STUDENT HAS BEEN EATING? GO ONLINE TO MYPAYMENTSPLUS.COM. STUDENT ID NUMBER NEEDED FOR ACCOUNT SET UP

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