

# Eustace Primary School

## Head Start and Pre-Kindergarten Menu

### Meal Prices

**Breakfast and Lunch are provided to all students at no charge.**

### Note to Parents

Eustace Primary School offers breakfast and lunch on a daily basis. Our menus have been planned to meet or exceed the standards of the National School Breakfast and Lunch Programs. The National School Lunch Program was created to “safeguard the health and well-being of children”. You should encourage your child to choose the most nutrient-dense, power-packed foods. We sincerely hope you will trust us to meet your child’s nutritional needs while at school.

### Payments

Payments may be made in the form of cash or check at your child’s school during operation hours. To pay by credit card or PayPal, visit our website at [www.eustaceisd.net](http://www.eustaceisd.net) and use the Parent Access link to Skyward. There is a transaction fee for online payments. Prepayments may be made in all school cafeterias.

### Special Diets

If your child has a disability or life threatening food allergy, the cafeteria will make accommodations as prescribed by the child’s physician. Contact the Child Nutrition Director, at 903-425-5119, for more information regarding special diet requirements.

### Website

For nutrition news and current events, visit our website at [www.eustaceisd.net/foodhome.htm](http://www.eustaceisd.net/foodhome.htm).

Questions about the menus or any service provided by the Child Nutrition Department? Just call 903-425-5119 or visit our website at [www.eustaceisd.net](http://www.eustaceisd.net). For employment opportunities, contact Child Nutrition Department. Menus may change due to product availability, significant market changes, customer preference, special event days, or inclement weather days. Menus meet recommended dietary guidelines. 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, religious creed, disability, age, political beliefs, 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, (AD-3027) found online at:

[http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

A choice of milk is offered with each meal. Fruit and juice are offered with breakfast. Menu is subject to change without prior notice, due to the availability of certain items.

AUGUST						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER						
S	M	T	W	T	F	S
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OCTOBER						
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NOVEMBER						
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DECEMBER						
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31						

JANUARY						
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FEBRUARY						
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MARCH						
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APRIL						
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29	30					

MAY						
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20	21	22	23	24	25	26
27	28	29	30	31		

### Lunch Menu Cycles by Week

The colors on the calendar indicate which menu cycle will be served each week. Unmarked dates indicate that school will not be held.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Entrée</b> °Waffles <b>Lunch Entrée</b> °Pig in a Blanket <b>Lunch Sides</b> °Fruit °Scalloped Potatoes	<b>Breakfast Entrée</b> °Biscuit & Jelly <b>Lunch Entrée</b> °Chicken Rings <b>Lunch Sides</b> °Fruit °Mashed Potatoes °Gravy	<b>Breakfast Entrée</b> °Muffins <b>Lunch Entrée</b> °Uncrustable w/Cheese Stick <b>Lunch Sides</b> °Fruit °Carrot Sticks	<b>Breakfast Entrée</b> °Cereal <b>Lunch Entrée</b> °Beef & Bean Burrito °Taco Boat <b>Lunch Sides</b> °Fruit °Fiesta Salad °Black Bean Salsa °Salsa	<b>Breakfast Entrée</b> °Yogurt <b>Lunch Entrée</b> °Hamburger °Hot Dog <b>Lunch Sides</b> °Fruit °Burger Salad °Baked Beans °Hash Brown Patty

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Entrée</b> °Mini Blueberry Pancakes <b>Lunch Entrée</b> °Chicken Sandwich <b>Lunch Sides</b> °Fruit °Carrot Sticks	<b>Breakfast Entrée</b> °Biscuits & Gravy <b>Lunch Entrée</b> °Chicken Rings w/ WW Roll <b>Lunch Sides</b> °Fruit °Mashed Potatoes °Gravy	<b>Breakfast Entrée</b> °Cereal <b>Lunch Entrée</b> °Pepperoni Pizza <b>Lunch Sides</b> °Fruit °Garden Salad	<b>Breakfast Entrée</b> °Yogurt <b>Lunch Entrée</b> °Sweet & Sour Chicken w/Rice <b>Lunch Sides</b> °Fruit °Asian Veggies	<b>Breakfast Entrée</b> °Oatmeal <b>Lunch Entrée</b> °Hamburger <b>Lunch Sides</b> °Fruit °Chili Beans

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Entrée</b> °French Toast Sticks <b>Lunch Entrée</b> °Corn Dog <b>Lunch Sides</b> °Fruit °Pinto Beans	<b>Breakfast Entrée</b> °Oatmeal <b>Lunch Entrée</b> °Spaghetti & Meatballs <b>Lunch Sides</b> °Fruit °Steamed Broccoli	<b>Breakfast Entrée</b> °Cereal <b>Lunch Entrée</b> °Uncrustable with Cheese Stick <b>Lunch Sides</b> °Fruit °Garden Salad	<b>Breakfast Entrée</b> °Yogurt <b>Lunch Entrée</b> °Chicken Rings <b>Lunch Sides</b> °Fruit °Mashed Potatoes °Gravy	<b>Breakfast Entrée</b> °Scrambled Eggs <b>Lunch Entrée</b> °Cheese Pizza <b>Lunch Sides</b> °Fruit °Spinach