

# Eustace High School

## Meal Prices

Student Breakfast.....	\$1.50	Adult Breakfast.....	\$2.00
Reduced-Price Breakfast.....	\$0.30	Adult Lunch.....	\$3.50
Student Lunch.....	\$2.55		
Reduced-Price Lunch.....	\$0.40		

## Note to Parents

Eustace High 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.

## Reduced-Priced Meals

Free or reduced-price meals are provided to students whose families meet certain income criteria. Meal applications are included in student registration packets, or they may be picked up at either the campus office or Administration Office. All applications should be returned to your child’s school. Only one application should be completed for each family, regardless of the number of children enrolled. A new meal application MUST be submitted each school year.

## 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.

## Charging

Eustace High School asks that you maintain a positive balance on your child’s meal account. Students will be allowed to charge up to \$5.00. An alternative meal will be provided, when necessary. Charges must be paid in full before a regular meal is offered. Negative balance letters will be sent to notify the household. Parents and guardians may also check their student’s account(s) on Skyward.

## 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.

## Breakfast

### Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Biscuit	Cheese Omelet & Toast	Honey Bun	Bagel Pizza	Pancake on a Stick
Pop Tart & Cheese Stick	Pop Tart & Cheese Stick	Pop Tart & Cheese Stick	Pop Tart & Cheese Stick	Pop Tart & Cheese Stick
Yogurt & Granola Bar	Yogurt & Granola Bar	Yogurt & Granola Bar	Yogurt & Granola Bar	Yogurt & Granola Bar
Cereal & Toast	Cereal & Toast	Cereal & Toast	Cereal & Toast	Cereal & Toast

### Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Pigs in a Blanket	Combo Bar & Toast	Muffin	Breakfast Pizza	French Toast Sticks
Pop Tart & Cheese Stick	Pop Tart & Cheese Stick	Pop Tart & Cheese Stick	Pop Tart & Cheese Stick	Pop Tart & Cheese Stick
Yogurt & Granola Bar	Yogurt & Granola Bar	Yogurt & Granola Bar	Yogurt & Granola Bar	Yogurt & Granola Bar
Cereal & Toast	Cereal & Toast	Cereal & Toast	Cereal & Toast	Cereal & Toast

## 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, audiotope, 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 every meal. 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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13	14	15	16	17	18	19
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27	28	29	30	31		

SEPTEMBER						
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OCTOBER						
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29	30	31				

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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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### 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.

### Granny's Favorites

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Entrée</b> *Spaghetti & Meatballs *Breaded Cheese Sticks <b>Lunch Sides</b> *Carrots *Veggie Bar *Broccoli *Breadstick	<b>Lunch Entrée</b> *Beef Crispito *Taco Snack <b>Lunch Sides</b> *Mexi Style Corn *Charo Beans *Salsa *Veggie Bar *Graham Cracker	<b>Lunch Entrée</b> *Teriyaki Chicken w/ Fried Rice *General Tso's Chicken w/Fried Rice <b>Lunch Sides</b> *Egg Roll *Oriental Vegetables *Glazed Carrots *Veggie Bar	<b>Lunch Entrée</b> *Chicken Rings w/WW Roll *Steak Fingers w/WW Roll <b>Lunch Sides</b> *Mashed Potatoes *Gravy *Green Beans *Veggie Bar	<b>Lunch Entrée</b> *Beef Nachos *Chicken Nachos <b>Lunch Sides</b> *Refried Beans *Salsa *Roasted Potatoes w/onion & peppers *Choc. Chip Cookie
<b>Lunch Entrée</b> *Chicken Alfredo <b>Lunch Sides</b> *Broccoli *Carrot Coins *Garlic Toast *Veggie Bar	<b>Lunch Entrée</b> *Beef Crispito *Taco Snack <b>Lunch Sides</b> *Mexi Corn *Salsa *Beans *Veggie Bar *Graham Cracker	<b>Lunch Entrée</b> *Ravioli w/ Garlic Toast <b>Lunch Sides</b> *Parmesan Cauliflower *Glazed Carrots *Veggie Bar	<b>Lunch Entrée</b> *Chicken Rings w/WW Roll *Steak Fingers w/WW Roll <b>Lunch Sides</b> *Mashed Potatoes *Gravy *Green Beans *Veggie Bar	<b>Lunch Entrée</b> *Chicken Enchilada Casserole <b>Lunch Sides</b> *Creamed Spinach *Veggie Bar *Mixed Veggies *Cilantro Rice
<b>Lunch Entrée</b> *Salisbury Steak w/WW Roll *Meatloaf w/WW Roll <b>Lunch Sides</b> *Gravy *Mashed Potatoes *Okra & Tomatoes *Veggie Bar	<b>Lunch Entrée</b> *Beef Crispito *Taco Snacks <b>Lunch Sides</b> *Mexi Corn *Charro Beans *Veggie Bar *Graham Cracker	<b>Lunch Entrée</b> *Lasagna w/ Garlic Toast <b>Lunch Sides</b> *Broccoli *Mixed Vegetables *Veggie Bar	<b>Lunch Entrée</b> *Chicken Rings & WW Roll *Steak Fingers & WW Roll <b>Lunch Sides</b> *Mashed Potatoes *Gravy *Green Beans *Veggie Bar	<b>Lunch Entrée</b> *Chicken Fajita w/ Tortilla Chips & Salsa <b>Lunch Sides</b> *Bean & Corn Salad *Veggie Bar *Au Gratin Potatoes *Cookie

### Bulldog Grille

Monday	Tuesday	Wednesday	Thursday	Friday
*Rib Sandwich *BBQ Sandwich *Veggie Bar *Potato Wedges *Baked Beans	*Mini Corn Dogs *Corn *Veggie Bar *Sweet Potato Fries	*Chicken Sandwich *Broccoli w/Cheese *Potato Wedges *Veggie Bar	*Deli Sandwich *Green Beans *Veggie Bar *Glazed Carrots *Sub Chips	*Cheeseburger *Hamburger *Burrito *Potato Wedges *Veggie Bar *Chili Beans *Cookie

### The Dawg House

Pepperoni or Cheese Pizza Salad Bar Chef Salad	Loaded Baked Potato Salad Bar Chef Salad	Chicken Wrap/Grilled Cheese Salad Bar Chef Salad	Loaded Baked Potato Salad Bar Chef Salad	Pepperoni or Cheese Pizza Salad Bar Chef Salad
Soup Grains	Soup Grains	Soup Grains	Soup Grains	Soup Grains

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