

Eustace Middle School

Meal Prices

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

Note to Parents

Eustace Middle 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 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.

Breakfast

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Pancake on a Stick	Ham & Cheese on a Bun	Muffin Cereal	French Toast Sticks	Sausage, Biscuit & Gravy
Cereal and Toast	Yogurt & Granola	Cinnamon Toast	Yogurt & Granola	Cereal & Toast
Yogurt & Granola	Cereal and Toast	Yogurt & Granola	Cereal and Toast	Yogurt & Granola

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza	Cinnamon Roll w/Cheese Stick	Breakfast Burrito	Blueberry Pancakes	Sausage & Biscuit
Cereal and Toast	Yogurt & Granola	Cereal & Cinnamon Toast	Yogurt & Granola	Cereal & Toast
Yogurt & Granola	Cereal and Toast	Yogurt & Granola	Cereal and Toast	Yogurt & Granola

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. 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, 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.

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						
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24	25	26	27	28	29	30

OCTOBER						
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22	23	24	25	26	27	28
29	30	31				

NOVEMBER						
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DECEMBER						
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31						

JANUARY						
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28	29	30	31			

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		

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.

<p>Monday</p> <p><u>Lunch Entrée</u> °Crispitos °Unrustable Combo</p> <p><u>Lunch Sides</u> °Fruit °Corn °Pinto Beans</p>	<p>Tuesday</p> <p><u>Lunch Entrée</u> °Chicken Rings & WW Roll °Steak Fingers & WW Roll °Yogurt Combo</p> <p><u>Lunch Sides</u> °Fruit Juice °Green Beans °Mashed Potatoes °Gravy</p>	<p>Wednesday</p> <p><u>Lunch Entrée</u> °Steak Sandwich °Rib Sandwich °Unrustable Combo</p> <p><u>Lunch Sides</u> °Fruit °Broccoli with Cheese °Baked Beans</p>	<p>Thursday</p> <p><u>Lunch Entrée</u> °Asian Chicken w/Fried Rice °Yogurt Combo</p> <p><u>Lunch Sides</u> °Fruit °Sliced Carrots °Broccoli °Egg Rolls</p>	<p>Friday</p> <p><u>Lunch Entrée</u> °Hamburger °Bean Burrito °Unrustable Combo</p> <p><u>Lunch Sides</u> °Hash Brown °Lettuce & Pickles °Cookie °Fruit Juice °Green Beans</p>
<p>Monday</p> <p><u>Lunch Entrée</u> °Mini Corn Dogs °Unrustable Combo</p> <p><u>Lunch Sides</u> °Fruit °Baked Beans °Scalloped Potatoes</p>	<p>Tuesday</p> <p><u>Lunch Entrée</u> °Chicken Spaghetti °Yogurt Combo</p> <p><u>Lunch Sides</u> °Fruit °Sliced Carrots °English Peas</p>	<p>Wednesday</p> <p><u>Lunch Entrée</u> °Chicken Sandwich °H & S Sandwich °Unrustable Combo</p> <p><u>Lunch Sides</u> °Fruit Juice °Chili Beans °Broccoli with Cheese</p>	<p>Thursday</p> <p><u>Lunch Entrée</u> °Beef Nachos °Chicken Fajita °Yogurt Combo</p> <p><u>Lunch Sides</u> °Fruit °Corn °Pinto Beans °Salsa</p>	<p>Friday</p> <p><u>Lunch Entrée</u> °BBQ Chicken °Bean Burrito °Unrustable Combo</p> <p><u>Lunch Sides</u> °Fruit Juice °Green Beans °Smiles °Chocolate Chip Cookie</p>
<p>Monday</p> <p><u>Lunch Entrée</u> °Hot Ham and Cheese °Unrustable Combo</p> <p><u>Lunch Sides</u> °Fruit °Veggie Sticks w/Ranch °Chili Beans °Sunchips</p>	<p>Tuesday</p> <p><u>Lunch Entrée</u> °Spaghetti & Meatballs w/Breadstick °Yogurt Combo</p> <p><u>Lunch Sides</u> °Fruit Juice °English Peas °Zucchini °Squash</p>	<p>Wednesday</p> <p><u>Lunch Entrée</u> °Crispitos °Unrustable Combo</p> <p><u>Lunch Sides</u> °Fruit °Pinto Beans °Corn</p>	<p>Thursday</p> <p><u>Lunch Entrée</u> °Chicken Rings & WW Roll °Steak Fingers & WW Roll °Yogurt Combo</p> <p><u>Lunch Sides</u> °Fruit Juice °Green Beans °Mashed Potatoes °Gravy</p>	<p>Friday</p> <p><u>Lunch Entrée</u> °Hamburger °Burrito °Unrustable Combo</p> <p><u>Lunch Sides</u> °Fruit °Hash Brown °Carrot Sticks °Lettuce & Pickles</p>

Line II

<p>Monday</p> <p>°Pepperoni Pizza °Cheese Pizza °Salad Bar °Fruit</p>	<p>Tuesday</p> <p>°Baked Potato °Cheese Stick °Salad Bar °Fruit</p>	<p>Wednesday</p> <p>°Pepperoni Pizza °Cheese Pizza °Salad Bar °Fruit</p>	<p>Thursday</p> <p>°Grilled Cheese °Taco Snack °Tomato Soup °Salad Bar °Fruit</p>	<p>Friday</p> <p>°Pepperoni Pizza °Cheese Pizza °Salad Bar °Fruit</p>
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