

ECTOR ISD BREAKFAST AND LUNCH MENU FOR PRE-K - 12 TH GRADE

AUG

MENU 2023

DINOSAUR VALLEY STATE PARK



MONDAY

BREAKFAST AND LUNCH WILL BE FREE FOR ALL ECTOR ISD STUDENTS! WELCOME BACK!!

TUESDAY

1ST TEACHER IN-SERVICE DAY

WEDNESDAY

2ND TEACHER IN-SERVICE DAY

THURSDAY

3RD MEET THE TEACHER NIGHT ***** 5-6:30PM

TEACHER IN-SERVICE DAY

FRIDAY

4TH



7TH FRENCH TOAST STICKS, FRUIT, JUICE, MILK

GRILLED CHEESE, TOMATO SOUP, SALAD, FRUIT, MILK

8TH EGGS, BACON, BISCUITS, FRUIT, JUICE, MILK

SOFT TACOS, REFRIED BEANS, SPANISH RICE, FRUIT, MILK

9TH ASSORTED MUFFINS, FRUIT, JUICE, MILK

CHEESEBURGERS, BURGER SALAD, FRENCH FRIES, FRUIT, COOKIE, MILK

10TH SAUSAGE, BISCUIT, FRUIT, JUICE, MILK

PIZZA, SALAD, CORN, FRUIT, MILK

11TH



14TH EGG, CHEESE, BISCUIT, FRUIT JUICE, MILK

CHICKEN NUGGETS, GRAVY, MASHED POTATOES, CARROTS, FRUIT, ROLLS, MILK

15TH EGGS, BACON, BISCUITS, FRUIT, JUICE, MILK

FAJITAS, PINTO BEANS, FRUIT, CHIPS, SALSA, MILK

16TH ASSORTED MUFFINS, FRUIT, JUICE, MILK

CHEESEBURGERS, BURGER SALAD, FRENCH FRIES, FRUIT, COOKIE, MILK

17TH SAUSAGE, BISCUIT, FRUIT, JUICE, MILK

PIZZA, SALAD, CORN, FRUIT, MILK

18TH Yogurt parfaits, fruit, juice, milk
Cristpitos w/cheese sauce, salad, Spanish rice, fruit, milk

21ST BREAKFAST BURRITOS, FRUIT, JUICE, MILK

SPAGHETTI, GARLIC BREAD STICK, SALAD, GREEN BEANS, FRUIT, MILK

22ND EGGS, BACON, BISCUITS, FRUIT, JUICE, MILK

BURRITOS, CHEESE SAUCE, CORN, SALAD, SALSA, FRUIT, MILK

23RD ASSORTED MUFFINS, FRUIT, JUICE, MILK

CHEESEBURGERS, BURGER SALAD, FRENCH FRIES, FRUIT, COOKIE, MILK

24TH SAUSAGE, BISCUIT, FRUIT, JUICE, MILK

PIZZA, SALAD, CORN, FRUIT, MILK

25TH



28TH FENCH TOAST STICKS, FRUIT, JUICE, MILK

STEAK FINGERS, GRAVY, MASHED POTATOES, CARROTS, FRUIT, ROLLS, MILK

29TH EGGS, BACON, BISCUITS, FRUIT, JUICE, MILK

QUESADILLAS, REFRIED BEANS, SALAD, SALSA, CHIPS, FRUIT, MILK

30TH ASSORTED MUFFINS, FRUIT, JUICE, MILK

CHEESEBURGERS, BURGER SALAD, FRENCH FRIES, FRUIT, COOKIE, MILK

31ST SAUSAGE, BISCUIT, FRUIT, JUICE, MILK

PIZZA, SALAD, CORN, FRUIT, MILK



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



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