

ECLC December 2018 Elementary Lunch Menu

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White

Lunch Prices:
 Paid \$2.35
 Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheese Pizza or Nachos & Cheese Munchable Glazed Carrots  Assorted Fruit Milk Choice	4 Spaghetti with meat sauce & bread slice or Turkey & Cheese Munchable Steamed Broccoli Assorted Fruit Milk Choice	5 Hamburger on bun or Pizza Munchable Baked Beans Assorted Fruit Milk Choice	6 Breaded Chicken on bun or Ham & Cheese Munchable Oven Baked French Fries Assorted Fruit Milk Choice	7 Grilled Cheese Sandwich with soup or Chicken Nugget Munchable Steamed Mixed Vegetables Assorted Fruit Milk Choice
10 Hot Ham & Cheese on bun or Nachos & Cheese Munchable Steamed Broccoli Assorted Fruit Milk Choice	11 Meatball Hoagie with cheese or Turkey & Cheese Munchable Oven Baked French Fries Assorted Fruit Milk Choice	12 Chicken in gravy over biscuit or Pizza Munchable Mashed Potatoes Assorted Fruit Milk Choice	13 Corn Dog Nuggets or Ham & Cheese Munchable Steamed Peas Assorted Fruit  Milk Choice	14 Soft Taco with lettuce, cheese & salsa or Chicken Nugget Munchable Stewed Tomatoes Assorted Fruit Milk Choice
17 Sloppy Joe on bun Or Nachos & Cheese Munchable Baked Beans Assorted Fruit Milk Choice	18 Chicken Nuggets with bread Slice or Turkey & Cheese Munchable Glazed Carrots Assorted Fruit  Milk Choice	19 Brunch Lunch! French Toast Sticks with syrup and sausage patty or Pizza Munchable Oven Baked Tater Tots Assorted Fruit & Milk Choice	20 Christmas Lunch! Pork in gravy over stuffing & bread slice or Ham & Cheese Munchable Mashed Potatoes Assorted Fruit, Milk & Dessert	21 Winter Begins Hot Dog on bun Or Chicken Nugget Munchable Winter Vegetable Mix Assorted Fruit Milk Choice
24 	Christmas Break December 24 through January 1st			28 
31 			 Whole Grains Available Daily	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE



Fresh Produce from Local Farms based on crop availability