

ECLC February 2019 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
Fresh Produce from Local Farms based on crop availability		Whole Grains Available Daily			1 Cheese Pizza or Chicken Nugget Munchable Steamed Broccoli Assorted Fruit Choice Milk Choice Groundhog Day Pudding Dessert
4 Cheeseburger on bun or Nachos & Cheese Munchable Mixed Vegetables Assorted Fruit Choice Milk Choices	5 Hot Ham & Cheese on bun or Turkey & Cheese Munchable Romaine Salad Assorted Fruit Choice Milk Choice	6 Brunch Lunch! French Toast Sticks with syrup & sausage Patty or Pizza Munchable Oven Baked Tater Tots Assorted Fruit Choice Milk Choice	7 Chicken Sticks with bread slice or Ham & Cheese Munchable Baked Beans Assorted Fruit Choice Milk Choice	8 Macaroni & Cheese w/roll or Chicken Nugget Munchable Steamed Peas Assorted Fruit Choice Milk Choice	
11 Grilled Chicken on bun or Nachos & Cheese Munchable Steamed Green Beans Assorted Fruit Choice Milk Choice	12 Chicken Broccoli Casserole with bread slice or Turkey & Cheese Munchable Steamed Broccoli Assorted Fruit Choice Milk Choice	13 Corn Dog Nuggets or Pizza Munchable Oven Baked French Fries Assorted Fruit Choice Milk Choice	14 Pepperoni Pizza or Ham & Cheese Munchable Sweet Potato Fries Assorted Fruit Choice Milk Choice	15 No School	
18 President's Day No School	19 Brunch Lunch! French Toast Sticks with syrup & sausage Patty or Turkey & Cheese Munchable Oven Baked Tater Tots Assorted Fruit Choice Milk Choice	20 Spaghetti with meat sauce & bread slice or Pizza Munchable Steamed Green Beans Assorted Fruit Choice Milk Choice	21 Breaded Chicken on bun or Ham & Cheese Munchable Steamed Carrots Assorted Fruit Choice Milk Choice & Dessert	22 Grilled Cheese Sandwich with soup or Chicken Nugget Munchable Steamed Mixed Vegetables Assorted Fruit Choice Milk Choice	
25 Hot Ham & Cheese on bun or Nachos & Cheese Munchable Steamed Broccoli Assorted Fruit Choice Milk Choice	26 Meatball Hoagie with cheese or Turkey & Cheese Munchable Oven Baked French Fries Assorted Fruit Choice Milk Choice	27 Chicken in gravy over biscuit or Pizza Munchable Mashed Potatoes Assorted Fruit Choice Milk Choice	28 Hot Dog on bun or Ham & Cheese Munchable Baked Beans Assorted Fruit Choice Milk Choice	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	