

# ECLC January 2019 Elementary Lunch Menu

Food Service Director: Brandi Culver  
 bculver@gorockets.org.biz  
 814-827-2715 x.1460



## 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
		1 <b>Happy New Year No School</b>	2 Breaded Chicken on bun Or Pizza Munchable Oven Baked French Fries Assorted Fruit Milk Choice	3 Popcorn Chicken Bowl with bread slice or Ham & Cheese Munchable Steamed Corn Assorted Fruit Milk Choice	4 Beef Nachos with cheese, salsa & breads slice or Chicken Nugget Munchable Black Bean & Corn Salad Assorted Fruit Milk Choice
	<b>Fresh Produce from Local Farms based on crop availability</b>	 <b>Whole Grains Available Daily</b>			
	7 Corn Dog Nuggets Or Nachos & Cheese Munchable Glazed Carrots Assorted Fruit & Milk Choice Milk Choice	8 Cheese Pizza Or Turkey & Cheese Munchable Baked Beans Assorted Fruit Milk Choice	9 Hot Turkey & Cheese on bun Or Pizza Munchable Oven Baked Tater Tots Assorted Fruit Milk Choice & <b>Dessert</b>	10 Italian Dunkers with sauce Or Ham & Cheese Munchable Steamed Broccoli Assorted Fruit Milk Choice 	11 Macaroni & Cheese w/roll Or Chicken Nugget Munchable Steamed Peas Assorted Fruit Milk Choice
	14 Breaded Chicken Nuggets with bread slice Or Nacho & Cheese Munchable Baked Beans Assorted Fruit & Milk Choice	15 Grilled Cheese w/soup Or Turkey & Cheese Munchable Mixed Vegetables Assorted Fruit Milk Choice 	16 Brunch Lunch! French Toast Sticks with syrup & sausage Patty or Pizza Munchable Oven Baked Tater Tots Assorted Fruit & Milk Choice	17 Pasta with Meat Sauce & bread slice or Ham & Cheese Munchable Romaine Salad Assorted Fruit Milk Choice	18 <b>No School</b>
	21 <b>No School</b>	22 Hamburger on bun Or Turkey & Cheese Munchable Oven Baked French Fries Assorted Fruit Milk Choice	23 Walking Taco with cheese & salsa or Pizza Munchable Stewed Tomatoes Assorted Fruit Milk Choice & <b>Dessert</b>	24 Popcorn Chicken Bowl w/bread slice or Ham & Cheese Munchable Steamed Corn Assorted Fruit Milk Choice	25 Hot Dog on bun or Chicken Nugget Munchable Black Bean & Corn Salad Assorted Fruit Milk Choice
	28 Meatball Hoagie with cheese Or Nacho & Cheese Munchable Sweet Potato Fries Assorted Fruit Milk Choice	29 Grilled Cheese Sandwich with soup or Turkey & Cheese Munchable Steamed Green Beans Assorted Fruit Milk Choice	30 Chicken in Gravy over biscuit Or Pizza Munchable Mashed Potatoes Assorted Fruit Milk Choice 	31 Sloppy Joe on bun Or Ham & Cheese Munchable Baked Beans Assorted Fruit 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