

# ECLC March 2020 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

1% Chocolate, 1% Strawberry,  
 Fat Free White and 1% White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Dr Seuss's Birthday</b> "One Fish, Two Fish" Sticks  or Nachos & Cheese Munchable Steamed Broccoli Assorted Fruit & Milk Choice <b>Dessert</b>	3 Chicken Nuggets w/bread slice or Turkey & Cheese Munchable Steamed Carrots Assorted Fruit & Milk Choice	4 Popcorn Chicken Bowl w/bread or Pizza Munchable Steamed Corn Assorted Fruit & Milk Choice	5 Hot Dog on bun  or Ham & Cheese Munchable Oven Baked Tater Tots Assorted Fruit & Milk Choice	6 Grilled Cheese Sandwich w/soup or Chicken Nugget Munchable Black & White Bean Salad Assorted Fruit & Milk Choice
9 Pasta w/meat sauce & bread or Nachos & Cheese Munchable Steamed Green Beans Assorted Fruit & Milk Choice	10 Meatball Hoagie w/cheese or Turkey & Cheese Munchable Sweet Potato Fries Assorted Fruit & Milk Choice	11 Chicken in Gravy over biscuit or Pizza Munchable Mashed Potatoes Assorted Fruit & Milk Choice	12 Sloppy Joe on bun or Ham & Cheese Munchable Baked Beans Assorted Fruit & Milk Choice	13 Cheese Pizza or Chicken Nugget Munchable Steamed Broccoli Assorted Fruit & Milk Choice
16 Cheeseburger on bun or Nachos & Cheese Munchable Steamed carrots Assorted Fruit & Milk Choice	17 French Toast Sticks with syrup & sausage patty or Turkey & Cheese Munchable Oven Baked Tater Tots Assorted Fruit & Milk Choice	18 Hot Ham & Cheese on bun or Pizza Munchable Fresh Romaine Salad Assorted Fruit & Milk Choice <b>Springy Jello cup for Dessert</b>	19 <b>No School</b>	20 <b>No School</b>
23 Corn Dog Nuggets  or Nachos & Cheese Munchable Oven Baked French Fries Assorted Fruit & Milk Choice	24 Chicken Broccoli Casserole w/bread slice or Turkey & Cheese Munchable Fresh Cucumbers Assorted Fruit & Milk Choice	25 Grilled Cheese Sandwich or Pizza Munchable Steamed Green Beans Assorted Fruit & Milk Choice	26 Pepperoni Pizza or Ham & Cheese Munchable Sweet Potato Fries Assorted Fruit & Milk Choice	27 Macaroni & Cheese w/roll or Chicken Nugget Munchable Steamed Peas Assorted Fruit & Milk Choice
30 Hamburger on bun or Nachos & Cheese Munchable Baked Beans Assorted Fruit & Milk Choice	31 Cheese Pizza  or Turkey & Cheese Munchable Glazed Carrots Assorted Fruit & Milk Choice	 <b>Whole Grains Available Daily</b>	 <b>Fresh Produce from Local Farms based on crop availability</b>	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