

ECLC April 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

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



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 Vanilla,
 1% White and Fat Free White

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Chicken Nuggets with bread Or Nachos & Cheese Munchable Steamed Broccoli Assorted Fruit Choice Milk Choice	2 Hot Dog on bun Or Turkey & Cheese Munchable Emoji Fries Assorted Fruit Choice Milk Choice	3 Cheeseburger on bun Or Pizza Munchable Steamed Peas Assorted Fruit Choice Milk Choice	4 Popcorn Chicken Bowl w/bread slice or Ham & Cheese Munchable Steamed Corn Assorted Fruit Choice Milk Choice	5 Grilled Cheese Sandwich with soup or Chicken Nugget Munchable Black Bean & Corn Salad Assorted Fruit Choice Milk Choice
8	Meatball Hoagie with cheese Or Nachos & Cheese Munchable Sweet Potato Fries Assorted Fruit Choice Milk Choice	9 Chicken Strips with bread slice Or Turkey & Cheese Munchable Steamed Green Beans Assorted Fruit Choice Milk Choice & Dessert	10 Italian Dunkers w/sauce Or Pizza Munchable Steamed Mixed Vegetables Assorted Fruit Choice Milk Choice	11 Sloppy Joe on bun Or Ham & Cheese Munchable Baked Beans Assorted Fruit Choice Milk Choice	12 Cheese Pizza Or Chicken Nugget Munchable Steamed Broccoli Assorted Fruit Choice Milk Choice
15	Corn Dog Nuggets or Nachos & Cheese Munchable Glazed Carrots Assorted Fruit Choice Milk Choices	16 Hot Ham & Cheese on bun or Turkey & Cheese Munchable Romaine Salad Assorted Fruit Choice Milk Choice	17 Macaroni & Cheese w/roll or Pizza Munchable Steamed Peas Assorted Fruit Choice Milk Choice	18 Walking Taco w/cheese & salsa or Ham & Cheese Munchable Mixed Vegetables Assorted Fruit Choice Milk Choice	19 No School
22	Popcorn Chicken w/bread slice Or Nachos & Cheese Munchable Mashed Potatoes Assorted Fruit Choice Milk Choice	23 National Picnic Day Cheeseburger on bun or Turkey & Cheese Munchable Very Veggie Pasta Salad Assorted Fruit Choice Milk Choice	24 Brunch Lunch! French Toast Sticks with syrup & Sausage patty or Pizza Munchable Oven Baked Tater Tots Assorted Fruit Choice Milk Choice	25 Pepperoni Pizza or Ham & Cheese Munchable Glazed Carrots Assorted Fruit Choice Milk Choice Cookie for Dessert	26 Beef Nachos with cheese, salsa & breads slice or Chicken Nugget Munchable Black Bean & Corn Salad Assorted Fruit Choice Milk Choice
29	Cheese Pizza or Nachos & Cheese Munchable Glazed Carrots Assorted Fruit Choice Milk Choices	30 Spaghetti with meat sauce & bread slice or Turkey & Cheese Munchable Romaine Salad Assorted Fruit Choice Milk Choice			

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