

August & September 2019 ECLC 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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Whole Grains Available Daily	8/27 BBQ Rib on bun or Turkey & Cheese Munchable Steamed Broccoli Assorted Fruit & Milk Choice	8/28 Meatball Hoagie w/cheese or Pizza Munchable Oven Baked French Fries Assorted Fruit & Milk Choice	8/29 Chicken in gravy over biscuit or Ham & Cheese Munchable Mashed Potatoes Assorted Fruit & Milk Choice	8/30 Soft Taco with lettuce, cheese & salsa or Chicken Nugget Munchable Stewed Tomatoes Assorted Fruit & Milk Choice	
No School Labor Day	9/2 Hot Dog on bun or Turkey & Cheese Munchable Baked Beans Assorted Fruit & Milk Choice	3 Hot Dog on bun or Turkey & Cheese Munchable Baked Beans Assorted Fruit & Milk Choice	4 Hot Ham & Cheese on bun or Pizza Munchable Glazed Carrots Assorted Fruit & Milk Choice	5 Brunch Lunch! French Toast Sticks with syrup & sausage patty or Ham & Cheese Munchable Oven Baked Tater Tots Assorted Fruit & Milk Choice	6 Chicken Nuggets w/bread slice or Chicken Nugget Munchable Romaine Salad Assorted Fruit & Milk Choice
	9 Macaroni & Cheese w/roll or Nachos & Cheese Munchable Steamed Peas Assorted Fruit & Milk Choice	10 Chicken strips w/bread slice or Turkey & Cheese Munchable Steamed Broccoli Assorted Fruit & Milk Choice	11 Cheesesteak Hoagie or Pizza Munchable Steamed Mixed Vegetables Assorted Fruit & Milk Choice	12 Popcorn Chicken Bowl w/ bread or Ham & Cheese Munchable Steamed Corn Assorted Fruit & Milk Choice	13 Breaded Chicken on bun or Chicken Nugget Munchable Sweet Potato Fries Assorted Fruit & Milk Choice
 Celebrate Lunch For Life in the Cafeteria - September 17, 18 & 19th					
	16 Beef Nachos with cheese, salsa and bread slice or Nachos & Cheese Munchable Steamed Green Beans Assorted Fruit & Milk Choice	17 Sloppy Joe on bun or Turkey & Cheese Munchable Glazed Carrots Assorted Fruit & Milk Choice	18 Cheese Pizza or Pizza Munchable Oven Baked Tater Tots Assorted Fruit & Milk Choice	19 Meatball Hoagie w/cheese or Ham & Cheese Munchable Baked Beans Assorted Fruit & Milk Choice	20 Macaroni & Cheese w/roll or Chicken Nugget Munchable Steamed Peas Assorted Fruit & Milk Choice
	23 Hot Turkey & Cheese on bun or Nachos & Cheese Munchable Steamed Broccoli Assorted Fruit & Milk Choice	24 Breaded Chicken Patty on bun or Turkey & Cheese Munchable Baked Beans Assorted Fruit & Milk Choice	25 Italian Dunkers w/sauce or Pizza Munchable Romaine Salad Assorted Fruit & Milk Choice	26 Hamburger on bun or Ham & Cheese Munchable Emoji Fries Assorted Fruit & Milk Choice	27 Grilled Cheese Sandwich or Chicken Nugget Munchable Steamed Mixed Vegetables Assorted Fruit & Milk Choice
	30 Fiestada Pizza or Nachos & Cheese Munchable Steamed Carrots Assorted Fruit & Milk Choice			 Fresh Produce from Local Farms based on crop availability	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