

# ECLC March 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
	<p>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</p>	<p> Fresh Produce from Local Farms based on crop availability</p>	<p> Whole Grains Available Daily</p>		<p>1 <b>Dr. Seuss Birthday</b>            "One Fish, Two Fish" Sticks or            Chicken Nugget Munchable            Mixed Vegetables            Assorted Fruit            Milk Choice &amp; <b>Dessert</b> </p>
	<p>4            Hot Ham &amp; Cheese on bun            Or            Nachos &amp; Cheese Munchable            Romaine Salad            Assorted Fruit Choice            Milk Choice</p>	<p>5            Chicken Nuggets with bread            Slice or            Turkey &amp; Cheese Munchable            Glazed Carrots            Assorted Fruit Choice            Milk Choice</p>	<p>6 <b>Ash Wednesday</b>            Grilled Cheese Sandwich            w/soup or            Pizza Munchable            Steamed Peas            Assorted Fruit Choice            Milk Choice</p>	<p>7            Hot Dog on bun            Or            Ham &amp; Cheese Munchable            Oven Baked French Fries            Assorted Fruit Choice            Milk Choice</p>	<p>8            Cheese Pizza            Or            Chicken Nugget Munchable            Baked Beans            Assorted Fruit Choice            Milk Choice</p>
	<p>11            Chicken Strips w/bread slice            Or            Nachos &amp; Cheese Munchable            Steamed Broccoli            Assorted Fruit Choice             Milk Choice</p>	<p>12            Walking Taco w/cheese &amp;            bread slice or            Turkey &amp; Cheese Munchable            Stewed Tomatoes            Assorted Fruit Choice            Milk Choice</p>	<p>13            Popcorn Chicken Bowl with            bread slice or            Pizza Munchable            Steamed Corn            Assorted Fruit Choice            Milk Choice</p>	<p>14  <b>No School</b></p>	<p>15  <b>No School</b></p>
	<p>18            Sloppy Joe on bun            Or            Nachos &amp; Cheese Munchable            Glazed Carrots            Assorted Fruit Choice            Milk Choice</p>	<p>19            Pepperoni Pizza            Or            Turkey &amp; Cheese Munchable            Baked Beans            Assorted Fruit Choice            Milk Choice</p>	<p>20 <b>1st Day of Spring</b>            Cheeseburger on bun or            Pizza Munchable            Oven Baked Tater Tots            Assorted Fruit Choice            Milk Choice  <b>Springy Jello Cup</b></p>	<p>21            Corn Dog Nuggets            Or            Ham &amp; Cheese Munchable            Steamed Broccoli            Assorted Fruit Choice             Milk Choice</p>	<p>22            Macaroni &amp; Cheese w/roll            Or            Chicken Nugget Munchable            Steamed Peas            Assorted Fruit Choice            Milk Choice</p>
	<p>25            Breaded Chicken Patty on bun            Or            Nachos &amp; Cheese Munchable            Baked Beans            Assorted Fruit Choice            Milk Choice</p>	<p>26            Italian Dunkers w/sauce            Or            Turkey &amp; Cheese Munchable            Mashed Potatoes             Assorted Fruit Choice            Milk Choice</p>	<p>27            Brunch Lunch! French Toast            Sticks with syrup &amp; sausage            Patty or            Pizza Munchable            Oven Baked Tater Tots            Assorted Fruit Choice</p>	<p>28            Pasta with Meat Sauce &amp;            bread slice or            Ham &amp; Cheese Munchable            Romaine Salad            Assorted Fruit Choice            Milk Choice</p>	<p>29            Fish Sticks w/bread slice or            Chicken Nugget Munchable            Steamed Carrots            Assorted Fruit Choice            Milk Choice</p>