

ECLC May & June 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
 - *Fruits include:**
 - Crisp Apple
 - Sliced Peaches
 - Mixed Fruit
 - Fresh Orange
 - Banana
 - Pineapple Tidbits
 - Diced Pears
 - Applesauce
- *May choose two 1/2 cup servings*
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MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

1% Chocolate, 1% Strawberry, Fat Free Vanilla, 1% White and Fat Free 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 Hamburger on bun or Pizza Munchable Baked Beans Assorted Fruit & Milk Choice</p>	<p>2 Chicken Sticks w/bread slice or Ham & Cheese Munchable Steamed Mixed Vegetables Assorted Fruit & Milk Choice</p>	<p>3 Grilled Cheese Sandwich or Chicken Nugget Munchable Steamed Green Beans Assorted Fruit & Milk Choice</p>
	<p>6 Hot Ham & Cheese on bun or Nachos & Cheese Munchable Steamed Broccoli Assorted Fruit & Milk Choice</p>	<p>7 Meatball Hoagie with cheese or Turkey & Cheese Munchable Oven Baked French Fries Assorted Fruit & Milk Choice</p>	<p>8 Popcorn Chicken with dinner roll or Pizza Munchable Mashed Potatoes Assorted Fruit</p>	<p>9 Breaded Fish Sticks w/bread slice or Ham & Cheese Munchable Steamed Green Beans Assorted Fruit & Milk Choice</p>	<p>10 Walking Taco with cheese & salsa or Chicken Nugget Munchable Stewed Tomatoes Assorted Fruit & Milk Choice</p>
	<p>13 Sloppy Joe on bun Or Nachos & Cheese Munchable Steamed Broccoli Assorted Fruit & Milk Choice </p>	<p>14 Chicken Nuggets with bread Slice or Turkey & Cheese Munchable Glazed Carrots Assorted Fruit & Milk Choice</p>	<p>15 Brunch Lunch! French Toast Sticks with syrup & sausage patty or Pizza Munchable Oven Baked Tater Tots Assorted Fruit & Milk Choice</p>	<p>16 Macaroni & Cheese with a roll Or Ham & Cheese Munchable Steamed Peas Assorted Fruit & Milk Choice</p>	<p>17 Hot Dog on bun Or Chicken Nugget Munchable Baked Beans Assorted Fruit & Milk Choice</p>
	<p>20 Chicken Sticks w/bread slice Or Nachos & Cheese Munchable Steamed Broccoli Assorted Fruit & Milk Choice</p>	<p>21 Fiestada Or Turkey & Cheese Munchable Steamed Mixed Vegetables Assorted Fruit & Milk Choice</p>	<p>22 Corn Dog Nuggets Or Pizza Munchable Oven Baked French Fries Assorted Fruit & Milk Choice</p>	<p>23 Popcorn Chicken Bowl with bread slice or Ham & Cheese Munchable Steamed Corn Assorted Fruit & Milk Choice </p>	<p>24 Beef Nachos with cheese, salsa & breads slice or Chicken Nugget Munchable Black Bean & Corn Salad Assorted Fruit & Milk Choice</p>
	<p>27 Memorial Day No School</p>	<p>28 Grilled Cheese Sandwich or Turkey & Cheese Munchable Hot Vegetable Fruit & Milk Choice</p>	<p>29 Corn Dog Nuggets or Pizza Munchable Hot Vegetable Fruit & Milk Choice</p>	<p>30 Hot Turkey & Cheese on bun or Ham & Cheese Munchable Hot Vegetable Fruit & Milk Choice</p>	<p>31 Pepperoni Pizza or Chicken Nugget Munchable Hot Vegetable Fruit & Milk Choice</p>
	<p>6/3 BBQ Pulled Pork on bun or Nachos & Cheese Munchable Hot Vegetable Fruit & Milk Choice</p>	<p>6/4 Hot Dog on bun or Turkey & Cheese Munchable Hot Vegetable Fruit & Milk Choice</p>	<p>6/5 Hot Turkey & Cheese on bun or Pizza Munchable Hot Vegetable Fruit & Milk Choice </p>	<p>6/6 Cheese Pizza or Ham & Cheese Munchable Hot Vegetable Fruit & Milk Choice</p>	<p>6/7 Chicken Specialties w/bread Or Chicken Nugget Munchable Hot Vegetable Fruit & Milk Choice</p>