



Check out the menu online at:

<https://www.schoolcafe.com/>

TitusvilleASD



ECLC School Breakfast & Lunch Menu October 2024



*Menus are subject to Change

WHAT MAKES A MEAL?

Breakfast

You must choose at least 3 of 4 components available for the school breakfast

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

*Students must choose at least one 1/2 cup fruit

Lunch!

You must choose at least 3 of 5 components available for the school lunch

*Choice of Meat or Meat Alternate

*Choice of Vegetable, Choice of Fruit

*Choice of Grain/Bread, & Choice of Milk

*Students must choose at least one fruit or vegetable

Monday

SCHOOL LUNCH PIRATES
FIND YOUR TREASURE!
OCTOBER 14-18, 2024

7
No School
National School Lunch Week
October 14-18th

14
Pop Tart w/jungle crackers, Fresh Apple, Assorted Juice & Milk
Breaded Chicken Patty on bun
Nacho Munchable
Mixed Vegetables

21
Yogurt w/Belly Bears, Fresh Apple, Assorted Juice & Milk
Meatball Hoagie with cheese
Nacho Munchable
Green Beans

28
Goody Ring, Fresh Apple, Assorted Juice & Milk
Corn Dog Nuggets
Nacho Munchable
Mashed Potatoes

Assorted Cereal or Breakfast Bars

Tuesday

1
Pumpkin Roll, Craisins, Assorted Juice & Milk
Corn Dog Nuggets
Bologna & Cheese Munchable
Mixed Vegetables

8
Mini Blueberry Pancakes, Banana, Assorted Juice & Milk
Cheeseburger on bun
Bologna & Cheese Munchable
Vegetarian Baked Beans

15
Mini Original French Toast, Craisins, Assorted Juice & Milk
Spaghetti w/meat sauce & bread slice
Bologna & Cheese Munchable
Fresh Grape Tomatoes

22
Blueberry Waffle, Banana, Assorted Juice & Milk
Hot Dog on bun
Bologna & Cheese Munchable
Fresh Broccoli

29
Mini Blueberry Pancakes, Craisins, Assorted Juice & Milk
Popcorn Chicken with Rice
Bologna & Cheese Munchable
Steamed Broccoli

Assorted Cereal or Breakfast Bars

Wednesday

2
Celebration Benefit Bar, Fresh Apple, Assorted Juice & Milk
BBQ Rib on bun
Pizza Munchable
Mashed Potatoes

9
Cinnamon Mini, Raisins, Assorted Juice & Milk
Popcorn Chicken with Rice
Pizza Munchable
Steamed Carrots

16
Apple Frudel, Banana, Assorted Juice & Milk
French Toast Sticks w/ syrup & sausage patties
Pizza Munchable
Tater Tots

23
Celebration Benefit Bar, Banana, Assorted Juice & Milk
BBQ Pulled Pork on bun
Pizza Munchable
Vegetarian Beans

30
Apple Roll, Banana, Assorted Juice & Milk
Grilled Cheese Sandwich
Pizza Munchable
Roasted Chickpeas

Assorted Cereal or Breakfast Bars

Thursday

3
Mini Choc. Chip French Toast, Raisins, Assorted Juice & Milk
Macaroni & Cheese w/garlic toast
Ham & Cheese Munchable
Fresh Baby Carrots

10
Fun N Fruiti Waffle, Apple Slices, Assorted Juice & Milk
Italian Dunkers w/ marinara
Ham & Cheese Munchable
Fresh Romaine Salad Dessert

17
Mini Maple Waffles, Raisin, Assorted Juice & Milk
Cheese Pizza
Ham & Cheese Munchable
Italian Chickpeas

24
Mini Choc. Chip French Toast, Raisins, Assorted Juice & Milk
Chicken Nuggets with Pretzel Nugget
Ham & Cheese Munchable
Oven Baked Beans

31
Mini Cinnamon Waffle, Raisins, Assorted Juice & Milk
Cheese Pizza
Ham & Cheese Munchable
Fresh Cucumbers

Assorted Cereal or Breakfast Bars

Friday

4
No School

11
Banana Choc. Benefit Bar, Craisins, Assorted Juice & Milk
Grilled Cheese Sandwich
Chicken Nugget Munchable
Green Beans

18
Mini Powdered Donuts, Applesauce Cup, Assorted Juice & Milk
Beef Nachos with cheese, salsa & bread slice
Chicken Nugget Munchable
Steamed Broccoli

25
Cinnamon Roll, Craisins, Assorted Juice & Milk
Walking Taco w/ cheese & salsa & bread slice
Chicken Nugget Munchable
Stewed Tomatoes

Assorted Cereal or Breakfast Bars

This institution is an equal opportunity provider.

DAILY VEGETABLES & FRUITS MAY INCLUDE:

- Broccoli Florets
- Baby Carrots
- Cucumber Slices
- Celery Sticks
- Roasted Chickpeas
- Crisp Apples
- Bananas
- Juicy Oranges
- Diced Peaches
- Diced Pears
- Applesauce

LUNCH BOX HELPER:

BRINGING YOUR LUNCH FROM HOME?

Simply select at least 3 of the 5 food groups offered in your cafeteria, and make sure 1 of the 3 is a fruit or vegetable!

DAILY MILK CHOICES:

- Low Fat White
- Fat Free Chocolate
- Skim Milk