

# ECHS 2023 Lunch Menu

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><b>Chicken Nuggets w/ Roll</b>  <b>Seasoned Crispy Fries</b>  <b>Mixed Green Salad</b>  <b>Steamed Carrots</b></p> <p><b>Creamy Chicken Alfredo w/ Breadstick</b>  <b>Seasoned Crispy Fries</b>  <b>Mixed Green Salad</b>  <b>Steamed Carrots</b></p> <p><b>Cheeseburger on a Bun</b>  <b>Seasoned Crispy Fries</b>  <b>Mixed Green Salad</b>  <b>Lettuce and Tomato Trimmings</b></p> <p><b>Pepperoni or Cheese Pizza</b>  <b>Seasoned Crispy Fries</b>  <b>Mixed Green Salad</b>  <b>Steamed Carrots</b></p> <p><b>Chicken Club Sandwich</b>  <b>Baked Potato w/ Roll</b>  <b>Seasoned Crispy Fries</b>  <b>Mixed Green Salad</b>  <b>Steamed Carrots</b></p> <p><b>Applesauce</b>  <b>Fresh Banana</b>  <b>Fresh Fruit</b></p>	<p><b>Steak Fingers w/ Roll</b>  <b>Mashed Potatoes w/ Gravy</b>  <b>Savory Green Beans</b>  <b>Baby Carrots</b></p> <p><b>Crispy Beef Tacos</b>  <b>Seasoned Pinto Beans</b>  <b>Spanish Rice</b>  <b>Lettuce and Tomato Trimmings</b>  <b>Baby Carrots</b></p> <p><b>Catfish Sandwich</b>  <b>Coleslaw</b>  <b>Savory Green Beans</b>  <b>Baby Carrots</b></p> <p><b>Sausage Pizza</b>  <b>Savory Green Beans</b>  <b>Baby Carrots</b></p> <p><b>Meatball Sub</b>  <b>Bean and Cheese Burrito</b>  <b>Savory Green Beans</b>  <b>Baby Carrots</b></p> <p><b>Sliced Peaches</b>  <b>Peaches w/ Whipped Topping</b>  <b>Fresh Pear</b>  <b>Fresh Fruit</b></p>	<p><b>Chicken Tenders w/ Cornbread</b>  <b>Peas and Carrots</b>  <b>Waffle Fries</b>  <b>Fresh Broccoli</b></p> <p><b>Asian Chicken w/ Fried Rice</b>  <b>Peas and Carrots</b>  <b>Fresh Broccoli</b></p> <p><b>Turkey Club Sandwich</b>  <b>Waffle Fries</b>  <b>Fresh Broccoli</b>  <b>Lettuce and Tomato Trimmings</b></p> <p><b>Ham and Pineapple Pizza</b>  <b>Peas and Carrots</b>  <b>Fresh Broccoli</b></p> <p><b>Pretzel and Cheese Baked Potato w/ Cornbread</b>  <b>Peas and Carrots</b>  <b>Fresh Broccoli</b></p> <p><b>Fruit Cocktail</b>  <b>Fresh Apple</b>  <b>Fresh Fruit</b></p>	<p><b>Pork Tamale</b>  <b>Corn</b>  <b>Sweet Peas</b>  <b>Cucumber Slices</b></p> <p><b>Frito Pie w/ Cheese</b>  <b>Corn</b>  <b>Sweet Peas</b>  <b>Cucumber Slices</b></p> <p><b>Spicy Chicken Sandwich</b>  <b>Corn</b>  <b>Sweet Peas</b>  <b>Lettuce and Tomato Trimmings</b></p> <p><b>Veggie Pizza</b>  <b>Corn</b>  <b>Sweet Peas</b>  <b>Cucumber Slices</b></p> <p><b>Personal Pizza</b>  <b>BBQ Chicken Ranch Wrap</b>  <b>Sweet Peas</b>  <b>Corn</b>  <b>Cucumber Slices</b></p> <p><b>Blueberries</b>  <b>Blueberries w/ Whipped Topping</b>  <b>Fresh Orange</b>  <b>Fresh Fruit</b></p>	<p><b>Buffalo Chicken Bites w/ Cornbread</b>  <b>Cheese Mashed Potatoes</b>  <b>Celery and Tomatoes</b></p> <p><b>Beef Nachos</b>  <b>Cheese Nachos</b>  <b>Steamed Carrots</b>  <b>Celery and Tomatoes</b></p> <p><b>BBQ Ribs w/ Cornbread</b>  <b>Steamed Carrots</b>  <b>Celery and Tomatoes</b></p> <p><b>Supreme Sausage and Pepperoni Pizza</b>  <b>Sweet Potato Fries</b>  <b>Celery and Tomatoes</b></p> <p><b>Corn Dog</b>  <b>Baked Potato w/ Cornbread</b>  <b>Sweet Potato Cross</b></p> <p><b>Mandarin Oranges</b>  <b>Green Apples</b>  <b>Fresh Fruit</b></p>

Chef Salad - Monday and Wednesday

Chicken Fajita Salad and Graze and Go Box - Tuesday and Thursday

Protein Box, and Peanut Butter and Jelly Uncrustable Offered Daily

\*Menu Subject to Change

Adult Meal Prices:

Breakfast: \$3.20 Lunch: \$4.80

**This institution is an equal opportunity provider**