

September

2024



Elizabethtown ELEMENTARY LUNCH MENU

What is a Meal?

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

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad.

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**



Craveable

Mondays: Nachos

Tuesday: Bread Stick Dippers

Wednesday: Super Fruit

Thursday: PB & J

Friday: Salads

(Crispy Chicken, Turkey & Cheese, Chef's, or Chicken Caesar with Dinner Roll)

**Metz Culinary Management is
Currently hiring. Please contact Rob at
717-367-1521 ext. 21057 to set up an
interview**

Monday

2

NO SCHOOL

Tuesday

3

Chicken Nuggets
with a Dinner Roll
or
Hot Ham and Cheese
Croissant

Featured Veggies:

Baked Beans
Steamed Broccoli
Featured Fruit
Choice of Milk

Wednesday

4

Ham, Egg, Cheese
on an English Muffin
or
Waffles with
Sausage Patty

Featured Veggies:

Hash Brown Potatoes
Fresh Cucumber Slices
Featured Fruit
Choice of Milk

Thursday

5

Carnival Day
Corn Dog
or
Cheeseburger
on a Bun

Featured Veggies:

French Fries
Buttered Corn
Featured Fruit
Choice of Milk

Friday

6

Pepperoni Pizza
or
Pulled Pork
on a Bun

Featured Veggies:

Green Beans
Baby Carrots
Featured Fruit
Choice of Milk

9

Toasted
Cheese Sandwich
or
Chicken Patty
Sandwich

Featured Veggies:

Tomato Soup
Roasted Corn
Featured Fruit
Choice of Milk

10

Beef and Cheese Mac
Garlic Breadstick
or
Walking Taco
Pretzel Stick

Featured Veggies:

Green Beans
Caesar Salad
Featured Fruit
Choice of Milk

11

Fish Sticks
or
Chicken Nuggets
with a Dinner Roll

Featured Veggies:

Curly Fries
Baby Carrots
Featured Fruit
Choice of Milk

12

Beef A Roni
with Garlic Knot
or
Pulled BBQ Pork
on a Bun

Featured Veggies:

Green Peas
Coleslaw
Featured Fruit
Choice of Milk

13

Cheese Pizza
or
Popcorn Chicken
with Dinnere Roll

Featured Veggies:

Curly Fries
Chick Pea Salad
Featured Fruit
Choice of Milk

16

Chicken Mashed Potato Bowl
with a Dinner Roll
or
Hot Ham & Cheese
on a Pretzel Roll

Featured Veggies:

Mashed Potatoes
Steamed Corn
Featured Fruit
Choice of Milk

17

Macaroni and Cheese
with a Garlic Knot
or
Popcorn Chicken

Featured Veggies:

Rice Pilaf
Green Peas
Featured Fruit
Choice of Milk

18

Spaghetti and Meatbills
w/ a Dinner Roll
or
Cheeseburger
on a Bun

Featured Veggies:

Steamed Broccoli
Carrot Sticks
Featured Fruit
Choice of Milk

19

Hot Ham and Cheese
on a Pretzel Roll
or
Chicken Nuggets
with Buttered Noodles

Featured Veggies:

Roasted Zucchini
Baked Beans
Featured Fruit
Choice of Milk

20

Fish Sticks
with Dinner Roll
or
Cheese Pizza Sticks
with Dipping Sauce

Featured Veggies:

Oven Fries
Honey Glazed Carrots
Featured Fruit
Choice of Milk

23

Toasted
Cheese Sandwich
or
Popcorn Chicken
w/ Dinner Roll

Featured Veggies:

Tomato Soup
Green Beans
Featured Fruit
Choice of Milk

24

Meatball Hoagie
or
Nachos Grande
Tortilla Chips

Featured Veggies:

Refried Beans
Lettuce & Tomato
Featured Fruit
Choice of Milk

25

Cowboy Burger
on a Bun
or
Sausage, Egg, Cheese
Croissant

Featured Veggies:

Tater Tots
Steamed Carrots
Featured Fruit
Choice of Milk

26

General Tso's
Chicken w/ Rice
or
Ham and Cheese
Croissant

Featured Veggies:

Broccoli
Celery Sticks
Featured Fruit
Choice of Milk

27

NO SCHOOL

30

Hot Dog
on a roll
or
Mini Pancakes
with Sausage Patty

Featured Veggies:

Hashbrown Patty
Red Pepper Strips
Featured Fruit
Choice of Milk