



# Elizabethtown Middle/High School



## September 2024



### What is a Meal?

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

### Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

### Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

### Leave Your Lunch at Home

Daily entrée options may include:

- Cheese Burger on a Bun
- Chicken Patty on a Bun
- Chicken Nuggets with Pretzel Stick
- Cheese or Pepperoni Pizza

### Daily Options may Include:

- Vegetable Garden Salad w/ Roll
- Ham or Turkey Salad w/ Roll
- Chef's Salad w/ roll
- Greek Salad w/ Roll
- Strawberry Spinach Salad w/ Roll
- Caprese Pasta Salad with Roll
- Ham & Cheese Wrap or Turkey and Swiss on Baguette
- Buffalo chicken Wrap
- Taco Chicken Roll
- Chicken Caesar Roll
- Roast Beef and Cheddar Wrap



### LUNCH PRICES:

- Student \$2.65
- Reduced \$.00
- Adult \$4.25

Second Meal: \$3.00

Rob Best /Food Service Director

717-367-1521 ext: 21057

[rob\\_best@etownschools.org](mailto:rob_best@etownschools.org)

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**MONDAY**  
2-Sep



NO SCHOOL

**TUESDAY**  
3-Sep

Entrée  
Hot Ham and Cheese  
Pretzel Melt

**FEATURED VEGGIES**  
Baked Potato w/ Toppings  
Steamed Mixed Vegetables  
Choice of Fruit  
Choice of Milk

**WEDNESDAY**  
4-Sep

Entrée  
County Fair Corn Dog

**FEATURED VEGGIES**  
Buttered Noodles  
Roasted Broccoli  
Choice of Fruit  
Choice of Milk

**THURSDAY**  
5-Sep

Entrée  
Fajita Grill  
Pulled Pork or  
Chicken in a Soft Tortilla  
Sautéed Peppers and Onions

**FEATURED VEGGIES**  
Ranch Refried Beans  
Fresh Pico De Gallo  
Choice of Fruit  
Choice of Milk

**FRIDAY**  
6-Sep

Entrée  
Popcorn Chicken and  
Mashed Potato Bowl  
Topped with Cheddar Cheese  
w/ a Dinner Roll

**FEATURED VEGGIES**  
Steamed Corn  
Mashed Potatoes  
Choice of Fruit  
Choice of Milk

**Pasta!** Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese

9-Sep



Entrée  
Meatballs in Marinara Sauce  
over Spaghetti  
with a Garlic Knot

**FEATURED VEGGIES**  
Roasted Zucchini  
Side Tossed Salad  
Choice of Fruit  
Choice of Milk

10-Sep

Entrée  
Buffalo Chicken Dip  
Over Tortilla Chios

**FEATURED VEGGIES**  
Black Bean and Corn Salsa  
Carrot and Celery Sticks  
Choice of Fruit  
Choice of Milk

11-Sep

Entrée  
Ranch Crusted  
Baked Chicken

**FEATURED VEGGIES**  
Spiral Fries  
Green Beans  
Choice of Fruit  
Choice of Milk

12-Sep

Entrée  
Breakfast for Lunch  
Ham, Egg, Cheese Croissant  
Sausage, Egg, Cheese Muffin

**FEATURED VEGGIES**  
Hash Brown Patty  
Fresh Cucumbers  
Choice of Fruit  
Choice of Milk

13-Sep

Entrée  
Beef a Roni  
with a Garlic Knot

**FEATURED VEGGIES**  
Side Caesar Salad  
Red Pepper Slices  
Choice of Fruit  
Choice of Milk

**Poblanos Mex-American!** Choice of soft or hard-shell Tortillas, Tortilla Chips, Seasoned Beef, Chicken, or Pork, Nacho Cheese, topped with Ranch Refried Beans, Rice, Mexicali Corn and a variety of salsas

16-Sep



Entrée  
Chicken Nuggets  
w/ Buttered Noodles

**FEATURED VEGGIES**  
Baked Beans  
Broccoli Salad  
Choice of Fruit  
Choice of Milk

17-Sep

Entrée  
Cheeseburger Tater Tot Bowl  
w/ Shredded Cheddar, Pickle  
onion, diced tomato, 1000  
Island Dressing w/ dinner roll

**FEATURED VEGGIES**  
Tater Tots  
Baby Carrots  
Choice of Fruit  
Choice of Milk

18-Sep

Entrée  
Beef or Chicken  
Nachos Grande

**FEATURED VEGGIES**  
Ranch Refried Beans  
Fresh Pico De Gallo  
Choice of Fruit  
Choice of Milk

19-Sep

Entrée  
General Tso's Chicken  
served over  
White Rice

**FEATURED VEGGIES**  
Steamed Broccoli  
Asian Cucumber Salad  
Choice of Fruit  
Choice of Milk

20-Sep

Entrée  
Fish Sandwich  
on a fresh roll

**FEATURED VEGGIES**  
Potato Wedges  
Creamy Coleslaw  
Choice of Fruit  
Choice of Milk

**Lone Street Noodles!** Choice of Lo Mein or Rice Noodles, Beef, Chicken, Pork, Stir fried cabbage, sauteed red pepper strips, veggie stir fry, or steamed broccoli. Tossed with choice of Thai Peanut, Oriental Sesame, or Orange Ginger Sauce.

23-Sep



Entrée  
Honey BBQ  
Chicken Wings  
w/ Garlic Bread

**FEATURED VEGGIES**  
Oven Fries  
Green Beans  
Choice of Fruit  
Choice of Milk

24-Sep

Entrée  
Beef Enchilada  
with Rice Pilaf

**FEATURED VEGGIES**  
Black Bean Salsa  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

25-Sep

Entrée  
Texas Toast  
Grilled Cheese

**FEATURED VEGGIES**  
Tomato Soup  
Baby Carrots  
Choice of Fruit  
Choice of Milk

26-Sep

Entrée  
Cowboy Burger  
w/ Onion Ring and  
BBQ Sauce

**FEATURED VEGGIES**  
Sweet Potato Fries  
Broccoli  
Choice of Fruit  
Choice of Milk

27-Sep

NO SCHOOL

**Breakfast Bar: Eggs, Bacon, Sausage, assorted Potatoes, French Toast, Waffles, Pancakes, assorted Toppings**

30-Sep



Entrée  
Meatball Sub  
with Cheese

**FEATURED VEGGIES**  
Tater Tots  
Buttered Corn  
Choice of Fruit  
Choice of Milk

**Mac and Cheese!** Choice of house made cheese sauce, Taco Beef, Pulled Pork, Buffalo chicken, or Chili. Topped with Roasted Lemon-Parmesan Broccoli, and Sautéed Red Peppers, choice of Shredded cheese



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