



NSLW  
Week of  
10/14 –  
10/18



If you or someone in your party has a food allergy, please contact a foodservice manager, chef, or dietitian on site.

All students are eligible for universal free lunch in the Scranton School District

October is National Apple Month! 🍏

OCTOBER 2024  
ECA LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
	<b>World Vegetarian Day!</b> Grilled Cheese Cheese Pizza Pepperoni Pizza Campfire Beans Fresh Tomato Wedges Fresh Spinach Salad Fresh Orange Diced Peaches <b>1</b>	Chicken & Vegetable Dumpling w/ Fried Rice (contains egg) Cheese Pizza Pepperoni Pizza Steamed Carrots Fresh Cucumber Slices Fresh Garden Salad Fresh Apple Slices Diced Pears <b>2</b>	French Toast Sticks w/ Chicken Sausage Patty Cheese Pizza Pepperoni Pizza Potato Smile Fries Fresh Celery Sticks Fresh Spinach Salad Pineapple Chunks Fresh Banana <b>3</b>	<b>National Taco Day!</b> Chicken Soft Tacos Cheese Pizza Pepperoni Pizza Steamed Corn Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice <b>4</b>	<p><b>Available Daily</b> Cheese, PB&amp;J and/or Sunbutter &amp; Jelly Sandwiches</p> <p><b>Weekly Grab &amp; Go 10/1 – 10/4</b> -MYO Pizza Bagel -Popcorn Chicken Salad w/ Croutons &amp; Dinner Roll</p> <p><b>10/7 – 10/11</b> -Peach &amp; Yogurt Parfait w/ Cheese Stick, Hartzels, &amp; Goldfish Crackers -Egg Chef Salad w/ Croutons &amp; Dinner Roll</p> <p><b>10/14 – 10/18</b> -Ham &amp; Cheese Sandwich -Italian Salad w/ Croutons &amp; Dinner Roll</p> <p><b>10/21 – 10/25</b> -Strawberry &amp; Yogurt Parfait w/ Cheese Stick, Hartzels, &amp; Goldfish Crackers -Breaded Chicken Caesar Salad w/ Croutons &amp; Dinner Roll</p> <p><b>10/28 – 10/31</b> -Turkey &amp; Cheese Sandwich -All-American Cobb Salad w/ Croutons &amp; Dinner Roll</p> 
Mini Chicken Corn Dogs Cheese Pizza Buffalo Chicken Pizza Vegetarian Baked Beans Fresh Celery Sticks Fresh Garden Salad Mixed Fruit 100% Apple Juice <b>7</b>	Chicken Patty Sandwich Cheese Pizza Buffalo Chicken Pizza Crinkle Cut French Fries Fresh Green Pepper Strips Fresh Spinach Salad Fresh Orange Diced Peaches <b>8</b>	Popcorn Chicken w/ Biscuit Cheese Pizza Buffalo Chicken Pizza Mashed Potatoes (w/ or w/out Gravy) Fresh Tomato Wedges Fresh Garden Salad Fresh Apple Slices Diced Pears <b>9</b>	Macaroni & Cheese w/ Goldfish Cheese Pizza Buffalo Chicken Pizza Steamed Carrots Fresh Cucumber Slices Fresh Spinach Salad Fresh Banana Pineapple Chunks <b>10</b>	<b>No School for Students</b> <b>11</b>	
<b>Columbus Day No School for Students</b> <b>14</b>	<b>NSLW!</b> Chicken Nachos Cheese Pizza Sausage Pizza Steamed Corn Fresh Cucumber Slices Fresh Spinach Salad Fresh Orange Diced Peaches <b>15</b>	<b>NSLW!</b> Dutch Waffle w/ Cheesy Scrambled Eggs Cheese Pizza or Sausage Pizza Tater Tots Fresh Celery Sticks Fresh Garden Salad Fresh Apple Slices Diced Pears <b>16</b>	<b>NSLW!</b> Chicken Tenders w/ Creamy Italian Rice Cheese Pizza or Sausage Pizza Steamed Green Beans Fresh Broccoli Fresh Spinach Salad Fresh Banana Pineapple Chunks <b>17</b>	<b>NSLW!</b> BBQ Pork Riblet Sandwich Cheese Pizza Sausage Pizza Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice <b>18</b>	
Popcorn Chicken w/ Hartzels Cheese Pizza Pepperoni Pizza Campfire Beans Fresh Baby Carrots Fresh Garden Salad Mixed Fruit 100% Apple Juice <b>21</b>	Chicken Sandwich w/ Signature "Scranton Sauce" Cheese Pizza Pepperoni Pizza Steamed Carrots Fresh Broccoli Fresh Spinach Salad Fresh Orange Diced Peaches <b>22</b>	Rotini Pasta w/ Meat Sauce Cheese Pizza Cheese Pizza Pepperoni Pizza Steamed Broccoli Fresh Celery Sticks Fresh Apple Slices Diced Pears <b>23</b>	Eggoji Waffles w/ Turkey Sausage Links Cheese Pizza Pepperoni Pizza Waffle Fries Fresh Green Pepper Strips Fresh Spinach Salad Fresh Banana Pineapple Chunks <b>24</b>	Bosco Sticks w/ Dipping Sauce Cheese Pizza Pepperoni Pizza Steamed Green Beans Fresh Cucumber Slices Fresh Garden Salad Applesauce 100% Orange Juice <b>25</b>	
Chicken Nuggets w/ Yellow Rice Cheese Pizza Fully Loaded Pizza Steamed Peas Fresh Tomato Wedges Fresh Garden Salad Mixed Fruit 100% Apple Juice <b>28</b>	BBQ Chicken Tender Sub Melt Cheese Pizza Fully Loaded Pizza Crinkle Cut French Fries Fresh Broccoli Fresh Spinach Salad Fresh Orange Diced Peaches <b>29</b>	Nacho Cheese Walking Taco Cheese Pizza Fully Loaded Pizza Steamed Corn Fresh Cucumber Slices Fresh Apple Slices Diced Pears <b>30</b>	Fish Sticks w/ Hartzels Cheese Pizza Fully Loaded Pizza Vegetarian Baked Beans Fresh Celery Sticks Fresh Spinach Salad Fresh Banana Pineapple Chunks <b>31</b>	<b>Now Hiring!!</b> <b>Food Service is Hiring!</b> <b>Work While Kids are in School</b> Apply online @ <a href="https://careers.aramark.com/job?req_id=516356">https://careers.aramark.com/job?req_id=516356</a>	