



Five food components are offered at lunch daily: **Meat/Meat Alternate, Grain, Fruit, Vegetable, and Milk.** To make a meal, students must select foods from at least 3 components in the required serving sizes. At least one item must be ½ c fruit or ½ c vegetable.

Milk choices include 1% white milk or fat-free flavored milk

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

**NOVEMBER 2024
ECA LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<p>Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Apply online @ https://careers.aramark.com/job?req_id=516356</p>				<p>National Sandwich Day! Italian Meatball Sub Cheese Pizza Fully Loaded Pizza Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice</p>	<p>Available Daily Cheese, PB&J and/or Sunbutter & Jelly Sandwiches</p> <p>Weekly Grab & Go 11/1 -Turkey & Cheese Sandwich -All-American Cobb Salad w/ Croutons & Dinner Roll</p> <p>11/4 – 11/8 -MYO Pizza Bagel -Popcorn Chicken Salad w/ Croutons & Dinner Roll</p> <p>11/11 – 11/15 -Peach & Yogurt Parfait w/ Cheese Stick, Heartzels, & Goldfish Crackers -Egg Chef Salad w/ Croutons & Dinner Roll</p> <p>11/18 – 11/22 Ham & Cheese Sandwich Italian Salad w/ Croutons & Dinner Roll</p> <p>11/25 – 11/29 Strawberry & Yogurt Parfait w/ Cheese Stick, Heartzels, & Goldfish Crackers -Breaded Chicken Caesar Salad w/ Croutons & Dinner Roll</p>
<p>BBQ Meatballs w/ Rice Cheese Pizza Pepperoni Pizza Steamed Peas Fresh Broccoli Fresh Garden Salad Mixed Fruit 100% Apple Juice</p> <p>4</p>	<p>Election Day District Closed</p> <p>5</p>	<p>Chicken & Vegetable Dumpling w/ Fried Rice (contains egg) Cheese Pizza Pepperoni Pizza Steamed Carrots Fresh Cucumber Slices Fresh Garden Salad Fresh Apple Slices Diced Peas</p> <p>6</p>	<p>French Toast Sticks w/ Chicken Sausage Patty Cheese Pizza Pepperoni Pizza Potato Smile Fries Fresh Celery Sticks Fresh Spinach Salad Pineapple Chunks Fresh Banana</p> <p>7</p>	<p>Early Dismissal Bagged Lunch Grilled Cheese Fresh Baby Carrots Applesauce Milk</p> <p>8</p>	
<p>Veteran's Day District Closed</p> <p>11</p>	<p>Chicken Patty Sandwich Cheese Pizza Buffalo Chicken Pizza Crinkle Cut French Fries Fresh Green Pepper Strips Fresh Spinach Salad Fresh Orange Diced Peaches</p> <p>12</p>	<p>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 Peas</p> <p>13</p>	<p>Macaroni & Cheese w/ Goldfish Cheese Pizza Buffalo Chicken Pizza Steamed Carrots Fresh Cucumber Slices Fresh Spinach Salad Fresh Banana Pineapple Chunks</p> <p>14</p>	<p>Hot Dog Cheese Pizza Buffalo Chicken Pizza Steamed Green Beans Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice</p> <p>15</p>	
<p>Corn Dog Cheese Pizza Sausage Pizza Vegetarian Baked Beans Fresh Tomato Wedges Fresh Garden Salad Mixed Fruit 100% Apple Juice</p> <p>18</p>	<p>Chicken Nachos Cheese Pizza Sausage Pizza Steamed Corn Fresh Cucumber Slices Fresh Spinach Salad Fresh Orange Diced Peaches</p> <p>19</p>	<p>Waffle Wednesday! Dutch Waffle w/ Cheesy Scrambled Eggs Cheese Pizza or Sausage Pizza Tater Tots Celery Sticks Fresh Garden Salad Fresh Apple Slices Diced Peas</p> <p>20</p>	<p>Friendsgiving Meal Roasted Turkey Fresh Baked Biscuit Mashed Potatoes w/ Gravy Seasoned Green Beans Warm Cinnamon Apples Fresh Banana Cheese Pizza or Sausage Pizza Fresh Broccoli & Spinach Salad</p> <p>21</p>	<p>BBQ Pork Riblet Sandwich Cheese Pizza Sausage Pizza Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice</p> <p>22</p>	
<p>Popcorn Chicken w/ Heartzels Cheese Pizza Pepperoni Pizza Campfire Beans Fresh Baby Carrots Fresh Garden Salad Mixed Fruit 100% Apple Juice</p> <p>25</p>	<p>Chicken Sandwich w/ Signature "Scranton Sauce" Cheese Pizza Pepperoni Pizza Steamed Carrots Fresh Broccoli Fresh Spinach Salad Fresh Orange Diced Peaches</p> <p>26</p>	<p>Early Dismissal Bagged Lunch Bosco Sticks w/ Dipping Sauce Fresh Celery Sticks Fresh Apple Slices Milk</p> <p>27</p>	<p>Thanksgiving Break District Closed</p> <p>28</p>	<p>Thanksgiving Break District Closed</p> <p>29</p>	