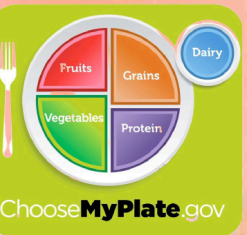


HAPPY
Valentine's Day

FEBRUARY HIGH SCHOOL LUNCH MENU

Student Paid- \$3.25
Student Reduced- Free
Adult Lunch- \$5.50



SERVED DAILY

1% White Milk & 1% Chocolate Milk,
*Assorted Pizza, *Hamburger,
*Cheeseburger, *Fresh Deli Sandwiches
*Fresh Salads, *PBJ Sandwich

HARVEST OF THE MONTH:

.....

Did you know, mushrooms are most commonly mistaken as vegetables but they are really fungi. Unlike plants, they need very little light to survive and are high in B-vitamins. Try adding sliced mushrooms to your pizza, salad, and steak!

For more information, menus, payment options, SchoolCafe.com, and more, please visit elcosd.org and follow the tabs to Food Services

MON

TUE

WED

THU

FRI

Select one ***lunch entrée**, milk, and up to two fruits and two veggies for a complete meal!

* Buffalo Chicken Dip
Tortilla Chips
*Hot Ham & Cheese on
Pretzel Roll
*White Pizza
Fresh Vegetables with Dip
Assorted Fruit
Fresh Baked Cookie 3

*Chicken Tenders/Dinner Roll
*Cheese Calzone
*Hot Ham & Cheese
on Pretzel Roll
*Meat Lovers Pizza
Potato Wedges
Fresh Vegetables with Dip
Assorted Fruit 4

*Pillsbury Cinnamon Roll with
Sausage Links
Tater Tots
*Chicken Bacon Ranch
Sandwich
*BBQ Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit 5

*Chicken Parmesan Sandwich
*Hot Ham & Cheese
on Pretzel Roll
French Fries
*Meat Lovers Pizza
Fresh Vegetables with Dip
Assorted Fruit 6

*General Tso's Chicken
over Steamed Rice
Steamed Broccoli
*Crispy Chicken Sandwich
*White Pizza
Fresh Vegetables with Dip
Assorted Fruit 7

*Pizza Sticks
with Dipping Sauce
Romaine Salad
*BBQ Beef Rib Sandwich
*Meat Lovers Pizza
Fresh Vegetables with Dip
Assorted Fruit 10

*Grilled Cheese Sandwich
Tomato Soup
*Hot Ham & Cheese
on Pretzel Roll
*BBQ Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit
Mini Ice Cream Sandwich 11

*Popcorn Chicken
Mashed Potatoes
Steamed Corn
*Chicken Bacon Ranch
Sandwich
*Meat Lovers Pizza
Fresh Vegetables with Dip
Assorted Fruit 12

*Tossed Boneless
Chicken Wings/Dinner Roll
BBQ or Buffalo Sauce
*Hot Ham & Cheese
on Pretzel Roll
*BBQ Chicken Pizza
Curly Fries
Fresh Vegetables with Dip 13

*Dutch Waffle with
Sausage Links
*Crispy Chicken Sandwich
*Meat Lovers Pizza
Hash Brown Patty
Fresh Vegetables with Dip
Assorted Fruit 14

NO
School
Today

*Chicken Potstickers with
Teriyaki Sauce
Steamed Broccoli/Fried Rice
*Chicken Bacon Ranch
Sandwich
*BBQ Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit 18

*Mini Buffalo
Cheese Calzones
*Crispy Chicken Sandwich
*White Pizza
California Blend Vegetables
Fresh Vegetables with Dip
Assorted Fruit 19

*Penne Pasta with Meatballs
or Grilled Chicken Strips
Garlic Knot
*BBQ Beef Rib Sandwich
*BBQ Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit 20

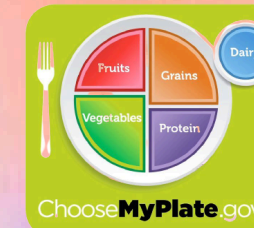
*Tempura Chicken Nuggets
with Dinner Roll
*Rodeo Cheeseburger
*White Pizza
French Fries
Fresh Vegetables with Dip
Assorted Fruit 21

This institution is an equal opportunity provider. Menus are subject to change.

HAPPY
Valentine's Day

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Student Reduced- Free
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SERVED DAILY

1% White Milk & 1% Chocolate Milk,
*Assorted Pizza, *Hamburger,
*Cheeseburger, *Fresh Deli Sandwiches
*Fresh Salads, *PBJ Sandwich

HARVEST OF THE MONTH:

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MON

TUE

WED

THU

FRI

Select one ***lunch entrée**, milk, and up to two fruits and two veggies for a complete meal!

***Glazed Cinnamon
French Toast
Sausage Links
Hash Brown Patty
Crispy Chicken Sandwich
*Chicken Bacon Ranch Pizza
Fresh Vegetables with Dip
Assorted Fruit**

24

***Cheese Steak Sandwich
Onion Rings
*Hot Ham & Cheese
on Pretzel Roll
*BBQ Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit
Mini Ice Cream Sandwich**

25

***Beef Tacos with
Scoops Tortilla Chips
*Hot Ham & Cheese on Roll
Steamed Rice/Black Beans
*Chicken Bacon Ranch Pizza
Fresh Vegetables with Dip
Assorted Fruit
Churro**

26

***Toasted Cheeseburger
*Hot Ham & Cheese
on Pretzel Roll
Coleslaw
Baked Beans
*BBQ Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit**

27

***Italian Duo
Meatballs, Stuffed Shells
Garlic Knot
*Crispy Chicken Sandwich
*Chicken Bacon Ranch Pizza
Fresh Vegetables with Dip
Assorted Fruit**

28

***Pulled Pork on Kaiser Roll
*Crispy Chicken Sandwich
*Taco Pizza
Sweet Potato Fries
Baked Beans
Fresh Vegetables with Dip
Assorted Fruit**

3

***Chicken Tenders/Dinner Roll
*Cheese Calzone
*Hot Ham & Cheese
on Pretzel Roll
*BBQ Chicken Pizza
Potato Wedges
Fresh Vegetables with Dip
Assorted Fruit**

4

***Pillsbury Cinnamon Roll with
Sausage Links
Tater Tots
*Chicken Bacon Ranch
Sandwich
*Taco Pizza
Fresh Vegetables with Dip
Assorted Fruit**

5

***Chicken Parmesan Sandwich
*Hot Ham & Cheese
on Pretzel Roll
French Fries
*BBQ Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit**

6

***Sweet & Sour Chicken
over Steamed Rice
Steamed Broccoli/Egg Roll
*Crispy Chicken Sandwich
*Taco Pizza
Fresh Vegetables with Dip
Assorted Fruit**

7

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