



AUGUST/ SEPTEMBER HIGH SCHOOL LUNCH MENU

Student Paid- \$3.35
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:

Bell Peppers come in a variety of colors and are packed with Vitamin A and C! Vitamin A helps our eyesight while vitamin C helps to heal our wounds. Peppers are great in salsa, fajitas, and pair great with hummus. They qualify as a Red/Orange Vegetable in School Meals!



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!

*Pizza Sticks
with Dipping Sauce
Romaine Salad
*Crispy Chicken Sandwich
*Meat Lovers Pizza
Fresh Vegetables with Dip
Assorted Fruit

25

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

26

*Chicken Tenders/Dinner Roll
*Hot Ham & Cheese
on Pretzel Roll
*Meat Lovers Pizza
Waffle Fries
Fresh Vegetables with Dip
Assorted Fruit

27

*Beef Tacos with
Tortilla Chips
*Spicy Chicken Bites
*Chicken Bacon Ranch Pizza
Steamed Rice/Black Beans
Fresh Vegetables with Dip
Assorted Fruit

28

SCHOOLS
CLOSED

29



1

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

2

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

3

*Mozzarella Cheese Sticks
with Marinara Sauce
Garlic Knot
*Spicy Chicken Bites
*Taco Pizza
Fresh Vegetables with Dip
Side Spinach Salad
Assorted Fruit

4

*Italian Duo
Meatballs, Stuffed Shells
Garlic Knot
*Crispy Chicken Sandwich
*Spicy Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit
Mini Ice Cream Sandwich

5

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

8

*Cheese Steak Sandwich
Onion Rings
*Teriyaki Chicken Tenders
*BBQ Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit

9

*Tempura Chicken Nuggets
with Dinner Roll
*BBQ Beef Rib Sandwich
*Chicken Bacon Ranch Pizza
French Fries
Fresh Vegetables with Dip
Assorted Fruit

10

*Meatball Sub with
Mozzarella Cheese
*Spicy Chicken Bites
*White Pizza
Steamed Asparagus
Fresh Vegetables with Dip
Assorted Fruit
Fresh Baked Cookie

11

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

12

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



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TUE

WED

THU

FRI

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

*Chicken & Cheese Quesadilla
Steamed Rice
Taco Fiesta Beans
*Crispy Chicken Sandwich
*Taco Pizza
Fresh Vegetables with Dip
Assorted Fruit

15

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

16

*Pillsbury Cinnamon Roll with
Sausage Links
Tater Tots
*Spicy Chicken Bites
*Taco Pizza
Fresh Vegetables with Dip
Assorted Fruit

17

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

18

*Fire Cracker Chicken
over Rice
Steamed Broccoli
Egg Roll
*Crispy Chicken Sandwich
*Taco Pizza
Fresh Vegetables with Dip
Assorted Fruit

19

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

22

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

23

*Chicken Tenders/Dinner Roll
*Breaded Fish Sandwich
*Hot Ham & Cheese
on Pretzel Roll
*Spicy Chicken Pizza
Waffle Fries
Fresh Vegetables with Dip
Assorted Fruit

24

*Beef Tacos with
Tortilla Chips
*Spicy Chicken Bites
*Chicken Bacon Ranch Pizza
Steamed Rice/Black Beans
Fresh Vegetables with Dip
Assorted Fruit

25

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

26

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

29

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

30

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