



JANUARY HIGH SCHOOL LUNCH MENU



MON

TUE

WED

THU

FRI

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

SERVED DAILY

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

HARVEST OF THE MONTH:

Sweet Potatoes, commonly confused for yams, have double the amount of fiber in them than regular potatoes. They also contain double the amount of vitamin A recommended for the day. Sweet potatoes are great as fries, mashed, and candied!



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

NO SCHOOL

29

***Pizza Sticks with Marinara Sauce**
***Spicy Chicken Bites**
***Taco Pizza**
Fresh Vegetables with Dip
Romaine Salad
Assorted Fruit

5

***Chicken Parmesan Sandwich**
***Buffalo Chicken Calzone**
French Fries
***BBQ Chicken Pizza**
Fresh Vegetables with Dip
Assorted Fruit

12

NO SCHOOL

30

***Tossed Boneless Chicken Wings**
Dinner Roll
***Hot Ham & Cheese on Pretzel Roll**
***BBQ Chicken Pizza**
Hush Puppies
Fresh Vegetables with Dip

6

***Pizza Crunchers**
Seasoned Pasta
Garlic Knot
***Spicy Chicken Bites**
***Taco Pizza**
Fresh Vegetables with Dip
Assorted Fruit

13

NO SCHOOL

31

***Detroit Style Deep Dish Pepperoni Pizza**
Crispy Chicken Sandwich
Potato Wedges
***Chicken Bacon Ranch Pizza**
Caesar Salad
Fresh Vegetables with Dip
Assorted Fruit

7

***Tempura Chicken Nuggets with Dinner Roll**
***Hot Ham & Cheese on Pretzel Roll**
French Fries
***BBQ Chicken Pizza**
Fresh Vegetables with Dip
Assorted Fruit

14

Happy NEW YEAR

1

***Walking Tacos**
***Spicy Chicken Bites**
***Hawaiian Pizza**
Fiesta Beans
Fresh Vegetables with Dip
Assorted Fruit
Fresh Baked Cookie

8

***Homemade Turkey & Gravy over Biscuit**
Steamed Baby Carrots
***Spicy Chicken Bites**
***Meat Lovers Pizza**
Assorted Fruit
Warm Apple Crisp

15

NO SCHOOL

2

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

9

***Pork Carnitas Totchos**
Mini Corn on the Cob
Coleslaw
***Hot Ham & Cheese on Pretzel Roll**
***Veggie Pizza**
Fresh Vegetables with Dip

16

Student Paid- \$3.35
Student Reduced- Free
Adult Lunch- \$5.50

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



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19

***Cheese Steak Sandwich with Marinara Sauce**
Onion Rings
Spicy Chicken Bites
 *White Pizza
 Fresh Vegetables with Dip
 Assorted Fruit

20

***Penne Pasta with Marinara or Alfredo Sauce**
Meatballs or Grilled Chicken
 *Hot Ham & Cheese on Pretzel Roll
 *Veggie Pizza
 Fresh Vegetables with Dip
 Assorted Fruit

21

***Chicken Tenders with Waffle Fries**
 *Cowboy Burger
 *Spicy Chicken Pizza
 Fresh Vegetables with Dip
 Assorted Fruit
 Mini Ice Cream Sandwich

22

***Mozzarella Cheese Sticks with Marinara Sauce**
Steamed Carrots
Garlic Knot
 *Spicy Chicken Bites
 *Taco Pizza
 Fresh Vegetables with Dip
 Assorted Fruit

23

***Pulled Pork on Kaiser Roll**
Smashed Baby Baker Potatoes
Baked Beans
 *Crispy Chicken Sandwich
 *Taco Pizza
 Fresh Vegetables with Dip
 Assorted Fruit

26

***Popcorn Chicken Raider Bowl**
Mashed Potatoes
Steamed Corn
 *Hot Ham & Cheese on Pretzel Roll
 *Meat Lovers Pizza
 Fresh Vegetables with Dip
 Assorted Fruit

27

Burger of the Month
Mac Attack Burger
French Fries
Coleslaw
Crispy Chicken Sandwich
 *Chicken Bacon Ranch Pizza
 Fresh Vegetables with Dip
 Assorted Fruit

28

***General Tso Chicken over Rice**
Steamed Broccoli
 *Spicy Chicken Bites
 *Ham & Pineapple Pizza
 Fresh Vegetables with Dip
 Assorted Fruit

29

***French Bread Pizza**
Tater Tots
Steamed Green Beans
 *Crispy Chicken Sandwich
 *Hot Honey Pepperoni Pizza
 Fresh Vegetables with Dip
 Assorted Fruit
 Fresh Baked Cookie

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