



AUGUST/ SEPTEMBER HIGH SCHOOL LUNCH MENU

Student Paid- \$3.50
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

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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!				
Raiders App Sampler Chicken Tenders, Pretzel Rod Mozzarella Sticks Steamed Broccoli Crispy Chicken Sandwich *French Fry Pizza Fresh Vegetables with Dip Assorted Fruit 24	*Sweet & Sour Chicken over Rice Steamed Broccoli Fortune Cookie *Spicy Chicken Bites *Hawaiian Pizza Fresh Vegetables with Dip Assorted Fruit 25	*Teriyaki Beef or Fajita Chicken Rice Bowl Steamed Broccoli Queso Sauce *Cheesesteak Pizza Fresh Vegetables with Dip Assorted Fruit 26	*Chicken Tender Hoagie Smiley Fries *Big Daddy's Pizza Tossed Salad Fresh Vegetables with Dip Assorted Fruit Fresh Baked Cookie 27	*Pork Carnitas Totchos Mini Corn on the Cob Coleslaw *Hot & Spicy Chicken Sandwich *Buffalo Chicken Pizza Fresh Vegetables with Dip 28
<u>Burger Of The Month</u> *BBQ Bacon CheeseBurger Potato Wedges *Meatlovers Pizza Steamed Mixed Vegetables Fresh Vegetables with Dip Assorted Fruit 31	*Homemade Macaroni & Cheese with Dinner Roll *Taco Pizza Steamed Broccoli Fresh Vegetables with Dip Assorted Fruit 1	*Pulled Pork on Roll Waffle Fries Baked Beans *Crispy Chicken Sandwich *Taco Pizza Fresh Vegetables with Dip Assorted Fruit 2	*Homemade Chicken Quesadilla Mexican Rice/Fiesta Beans Chicken Bacon Ranch Sandwich *Hot Honey Pepperoni Pizza Fresh Vegetables with Dip Assorted Fruit 3	SCHOOLS CLOSED 4
 7	*Tossed Boneless Chicken Wings *Hot Ham & Cheese on Pretzel Roll *Chicken Bacon Ranch Pizza Hush Puppies Fresh Vegetables with Dip Assorted Fruit 8	*Chicken Parmesan over Penne Pasta Garlic Knot *French Fry Pizza Caesar Salad Fresh Vegetables with Dip Assorted Fruit 9	*Walking Tacos Fiesta Beans Steamed Rice *Spicy Chicken Bites *Hawaiian Pizza Fresh Vegetables with Dip Assorted Fruit 10	
				*Toasted Cheeseburger *BBQ Cheddar Chicken Breast Sandwich Coleslaw French Fries *White Pizza Fresh Vegetables with Dip Assorted Fruit 11

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



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*Chicken Tenders with Fries *Hot Ham & Cheese on Pretzel Roll *Spicy Chicken Pizza Spinach Salad Fresh Vegetables with Dip Assorted Fruit 14	*Mozzarella Sticks with Homemade Dipping Sauce Steamed Carrots Seasoned Pasta *Spicy Chicken Bites *French Fry Pizza Fresh Vegetables with Dip Assorted Fruit 15	*Beef, Bean and Cheese Burrito Mexican Rice Chicken Bacon Ranch Sandwich *Hot Honey Pepperoni Pizza Fresh Vegetables with Dip Assorted Fruit 16	<u>Burger of the Month</u> *Quesadilla Cheeseburger Curly Fries Crispy Chicken Sandwich *Chicken Bacon Ranch Pizza Fresh Vegetables with Dip Assorted Fruit 17	* Buffalo Chicken Dip Tortilla Chips *Hot Ham & Cheese on Pretzel Roll *White Pizza Fresh Vegetables with Dip Assorted Fruit 18
Raiders App Sampler Chicken Tenders, Pretzel Rod Mozzarella Sticks Steamed Broccoli Crispy Chicken Sandwich *French Fry Pizza Fresh Vegetables with Dip Assorted Fruit 21	*Sweet & Sour Chicken over Rice Steamed Broccoli Fortune Cookie *Spicy Chicken Bites *Hawaiian Pizza Fresh Vegetables with Dip Assorted Fruit 22	*Teriyaki Beef or Fajita Chicken Rice Bowl Steamed Broccoli Queso Sauce *Cheesesteak Pizza Fresh Vegetables with Dip Assorted Fruit 23	*Chicken Tender Hoagie Smiley Fries *Big Daddy's Pizza Tossed Salad Fresh Vegetables with Dip Assorted Fruit 24	*Pork Carnitas Totchos Mini Corn on the Cob Coleslaw *Hot & Spicy Chicken Sandwich *Buffalo Chicken Pizza Fresh Vegetables with Dip Assorted Fruit 25
*Breaded Chicken Drumstick with Macaroni & Cheese Cornbread *Cowboy Burger *Spicy Chicken Pizza Fresh Vegetables with Dip Assorted Fruit Fresh Baked Cookie 28	*Homemade Macaroni & Cheese with Dinner Roll *Taco Pizza Steamed Broccoli Fresh Vegetables with Dip Assorted Fruit 29	*Pulled Pork on Roll Waffle Fries Baked Beans *Crispy Chicken Sandwich *Taco Pizza Fresh Vegetables with Dip Assorted Fruit 30		

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