



AUGUST/ SEPTEMBER MIDDLE SCHOOL LUNCH MENU

Student Paid- \$3.50
Student Paid -Free
Adult Lunch- \$5.50

SERVED DAILY

1% White Milk & 1% Chocolate Milk,
*Big Daddy’s Pizza, *Hamburger,
*Cheeseburger,
*Spicy Chicken Bites,
*Crispy Chicken Sandwich, Spicy
Chicken Sanswich
*Assorted Salads,
*Fresh Deli Sandwiches,
*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!				
*Pizza Sticks with Homemade Dipping Sauce Romaine Salad Fresh Vegetables with Dip Assorted Fruit 24	*Orange Chicken over Steamed Rice Fortune Cookie Steamed Broccoli Fresh Vegetables with Dip Assorted Fruit 25	*Teriyaki Beef or Fajita Chicken Rice Bowl Steamed Broccoli Queso Sauce Fresh Vegetables with Dip Assorted Fruit 26	*Chicken Tender Hoagie Curly Fries Tossed Salad Fresh Vegetables with Dip Assorted Fruit Fresh Baked Cookie 27	* Popcorn Chicken Raider Bowl Mashed Potatoes with Gravy Steamed Corn Romaine Salad Fresh Vegetables with Dip Assorted Fruit 28
<u>Burger Of The Month</u> *Cowboy Burger Potato Wedges Steamed Mixed Vegetables Fresh Vegetables with Dip Assorted Fruit 31	*Homemade Macaroni & Cheese with Dinner Roll Steamed Broccoli Fresh Vegetables with Dip Assorted Fruit 1	*Pulled Pork on Kaiser Roll Baby Baker Potatoes Baked Beans Coleslaw Fresh Vegetables with Dip Assorted Fruit 2	*Walking Tacos Fiesta Beans Steamed Corn Fresh Vegetables with Dip Assorted Fruit Fresh Baked Cookie 3	SCHOOLS CLOSED 4
<u>Happy Labor Day</u> 7	*Tossed Boneless Chicken Wings BBQ or Hot Sauce Dinner Roll Hush Puppies Fresh Vegetables with Dip Assorted Fruit 8	*Chicken Potstickers with Teriyaki Sauce Fried Rice Asian Spinach Salad Fresh Vegetables with Dip Assorted Fruit 9	*Chicken Parmesan over Penne Pasta Garlic Knot Caesar Salad Fresh Vegetables with Dip Assorted Fruit 10	*Breakfast Egg Sandwich with Choice of Bacon or Sausage Tater Tots Fresh Vegetables with Dip Assorted Fruit Strawberry Cake 11

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



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*Italian Duo Meatballs, Stuffed Shells Garlic Knot Fresh Vegetables with Dip Assorted Fruit Mini Ice Cream Sandwich 14	*Texas Toast Grilled Cheese Sandwich Cream of Tomato Soup Cheese Sandwich Fresh Vegetables with Dip Assorted Fruit 15	*Pork Carnitas Totchos Mini Corn on the Cob Coleslaw Fresh Vegetables with Dip Assorted Fruit 16	*Homemade Chicken Quesadilla Mexican Rice Fiesta Beans Fresh Vegetables with Dip Assorted Fruit 17	*Turkey Club Sandwich Baked Snack Bag Pasta Salad Fresh Vegetables with Dip Assorted Fruit 18
*Hot Dog on Roll Baked Beans Glazed Baby Carrots Fresh Vegetables with Dip Assorted Fruit 21	*Chicken Nuggets Cornbread French Fries Steamed Corn Fresh Vegetables with Dip Assorted Fruit 22	<u><i>Burger Of The Month</i></u> *Mac Attack Burger Potato Wedges Steamed Cauliflower Fresh Vegetables with Dip Assorted Fruit 23	*Penne Pasta with Meatballs or Grilled Chicken Strips Red Sauce or Alfredo Sauce Garlic Knot Fresh Vegetables with Dip Assorted Fruit 24	*Raiders App Sampler Chicken Tenders, Pretzel Rod Mozzarella Sticks Steamed Broccoli Fresh Vegetables with Dip Assorted Fruit 25
*French Toast Sticks Sausage Links Hash Brown Patty Fresh Vegetables with Dip Assorted Fruit 28	*Teriyaki Chicken over Steamed Rice Fortune Cookie Steamed Broccoli Fresh Vegetables with Dip Assorted Fruit 29	*Breaded Chicken Drumstick with Macaroni & Cheese Cornbread Steamed Green Beans Romaine Salad Fresh Vegetables with Dip Assorted Fruit 30		