



AUGUST / SEPTEMBER INTERMEDIATE LUNCH MENU

Student Lunch- \$3.30
Student Reduced- Free
Adult Lunch - \$5.50

SERVED DAILY

1% White Milk & 1% Chocolate Milk
*Yogurt Meal with String Cheese,
*Assorted Salads,
*Fresh Deli Sandwich,
*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
Homemade Dipping Sauce
*Hot Dog on Bun
Seasoned Pasta
Fresh Vegetables with Dip
Assorted Fruit**

24

***Raiders App Sampler*
Chicken Tenders, Pretzel Rod
Mozzarella Sticks
Steamed Broccoli
*French Bread Pizza
Fresh Vegetables with Dip
Assorted Fruit**

25

***French Toast Sticks
Sausage Links
*Cheese Pizza
Tater Tots
Fresh Vegetables with Dip
Assorted Fruit**

26

***Corn Dog Nuggets
with Cornbread
*Cheeseburger on Bun
Baked Beans
Fresh Vegetables with Dip
Assorted Fruit**

27

***Stuffed Crust Pizza
*Chicken Nuggets
with Dinner Roll
Romaine Salad
Fresh Vegetables with Dip
Assorted Fruit**

28

***Sweet & Sour Chicken
over Steamed Rice
*Cheeseburger on Bun
Steamed Broccoli
Fresh Vegetables with Dip
Assorted Fruit**

31

***Pillsbury Cinnamon Roll
Yogurt Cup &
String Cheese
*Cheeseburger on Bun
Hash Brown Patty
Fresh Vegetables with Dip
Assorted Fruit**

1

***Chicken Tender Hoagie
Smiley Fries
*Cheeseburger on Bun
Tossed Salad
Fresh Vegetables with Dip
Assorted Fruit
Fresh Baked Cookie**

2

***Beef & Cheese Nachos
with Lettuce &
Diced Tomatoes
*Cheese Pizza
Fiesta Beans
Steamed Corn
Fresh Vegetables with Dip
Assorted Fruit**

3

**SCHOOLS
CLOSED**

4



7

***Chicken Nuggets
Dinner Roll
*Stuffed Crust Pizza
Mashed Potatoes
Steamed Green Beans
Fresh Vegetables with Dip
Assorted Fruit**

8

***Homemade Macaroni &
Cheese
with Dinner Roll
*Hot Dog on Bun
Steamed Green Peas
Spinach Salad
Fresh Vegetables with Dip
Assorted Fruit**

9

***Popcorn Chicken Raider Bowl
Dinner Roll
*Cheeseburger on Bun
Mashed Potatoes
Steamed Corn
Fresh Vegetables with Dip
Assorted Fruit**

10

***Pepperoni or Cheese Pizza
Hot Dog on Roll
Smile Fries
Spinach Salad
Fresh Vegetables with Dip
Assorted Fruit
Mini Ice Cream Sandwich**

11

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



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Adult Lunch- \$5.50

SERVED DAILY

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*Yogurt Meal with String Cheese,

*Assorted Salads,

*Fresh Deli Sandwich,

*PBJ Sandwich

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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!

***Mozzarella Sticks with
Homemade Dipping Sauce
Garlic Knot
Cheeseburger on Bun
Side Salad
Steamed Carrots
Fresh Vegetables with Dip
Assorted Fruit**

14

***Cream of Tomato Soup
*Texas Toast Grilled
Cheese Sandwich
*Cheeseburger
Fresh Vegetables with Dip
Assorted Fruit**

15

***Mini Pancakes with Syrup
Sausage Links
*Cheese Pizza
Hash Brown Patty
Fresh Vegetables with Dip
Assorted Fruit**

16

***Chicken Tenders
with Dinner Roll
French Fries
*Cheese Pizza
Spinach Salad
Fresh Vegetables with Dip
Assorted Fruit**

17

***French Bread Pizza
*Chicken Nuggets
with Dinner Roll
Romaine Salad
Fresh Vegetables with Dip
Assorted Fruit**

18

***Hot Dog on Bun
*Cheeseburger on Bun
Smile Fries
Baked Beans
Fresh Vegetables with Dip
Assorted Fruit**

21

***Penne Pasta and Meatballs
with Marinara Sauce
*Crispy Chicken Sandwich
Garlic Knot
Romaine Salad
Fresh Vegetables with Dip
Assorted Fruit**

22

***Bacon, Egg, and Cheese
Breakfast Sandwich
Tater Tots
*Chicken Tenders
Fresh Vegetables with Dip
Assorted Fruit
Strawberry Cake**

23

***Taco with
Tortilla Chips
*Cheese Pizza
Shredded Lettuce & Diced
Tomatoes
Steamed Corn
Fresh Vegetables with Dip
Assorted Fruit**

24

***Pepperoni or Cheese Pizza
Hot Dog on Roll
Curly Fries
Spinach Salad
Fresh Vegetables with Dip
Assorted Fruit**

25

***Pizza Sticks with
Homemade Dipping Sauce
*Hot Dog on Bun
Seasoned Pasta
Fresh Vegetables with Dip
Assorted Fruit**

28

***Raiders App Sampler*
Chicken Tenders, Pretzel Rod
Mozzarella Sticks
Steamed Broccoli
*French Bread Pizza
Fresh Vegetables with Dip
Assorted Fruit**

29

***French Toast Sticks
Sausage Links
*Cheese Pizza
Tater Tots
Fresh Vegetables with Dip
Assorted Fruit**

30

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