



AUGUST/SEPTEMBER ELEMENTARY LUNCH MENU

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

SERVED DAILY

1% White Milk & FF Chocolate Milk
*Yogurt Meal with String Cheese,
*Assorted Salads
*Fresh Deli 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
*Ham & Cheese Sandwich
Seasoned Pasta
Fresh Vegetables with Dip
Assorted Fruit**

24

***Raiders App Sampler*
Chicken Tenders, Pretzel Rod
Mozzarella Sticks
Ham & Cheese Sandwich
Steamed Broccoli
Fresh Vegetables with Dip
Assorted Fruit**

25

***French Toast Sticks
with Syrup
Sausage Links
*Ham & Cheese Sandwich
Hash Brown Patty
Fresh Vegetables with Dip
Assorted Fruit**

26

***Corn Dog Nuggets
with Cornbread
*Ham & Cheese Sandwich
Steamed Green Beans
Fresh Vegetables with Dip
Assorted Fruit**

27

***Stuffed Crust Pizza
*Ham & Cheese Sandwich
Romaine Salad
Fresh Vegetables with Dip
Assorted Fruit**

28

***Sweet & Sour Chicken
over Steamed Rice
*Turkey & Cheese Sandwich
Steamed Broccoli
Fresh Vegetables with Dip
Assorted Fruit**

31

***Pillsbury Cinnamon Roll
with Yogurt & String Cheese
*Turkey & Cheese Sandwich
Hash Brown Patty
Fresh Vegetables with Dip
Assorted Fruit**

1

***Chicken Tender Hoagie
Smiley Fries
*Turkey & Cheese Sandwich
Tossed Salad
Fresh Vegetables with Dip
Assorted Fruit
Fresh Baked Cookie**

2

***Beef & Cheese Nachos
with Lettuce & Tomato
*Turkey & Cheese Sandwich
Steamed Corn
Fiesta Beans
Fresh Vegetables with Dip
Assorted Fruit**

3



4



7

***Homemade Macaroni &
Cheese
with Dinner Roll
*Ham & Cheese Sandwich
Steamed Green Peas
Spinach Salad
Fresh Vegetables with Dip
Assorted Fruit**

8

***Chicken Nuggets
with Dinner Roll
*Ham & Cheese Sandwich
Mashed Potatoes
Steamed Carrots
Fresh Vegetables with Dip
Assorted Fruit**

9

***Popcorn Chicken Raider Bowl
with Dinner Roll
*Ham & Cheese Sandwich
Mashed Potatoes
Steamed Corn
Fresh Vegetables with Dip
Assorted Fruit**

10

***Big Daddy's Pepperoni or
Cheese Pizza
Romaine Salad
*Ham & Cheese Sandwich
Fresh Vegetables with Dip
Assorted Fruit
Mini Ice Cream Sandwich**

11

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TUE

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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**

***Turkey & Cheese Sandwich
Tossed Salad
Fresh Vegetables with Dip
Assorted Fruit**

14

***Cream of Tomato Soup
*Texas Toast Grilled
Cheese Sandwich**

***Turkey & Cheese Sandwich
Fresh Vegetables with Dip
Assorted Fruit**

15

***Mini Pancakes
with Sausage Links**

***Turkey & Cheese Sandwich
Hash Brown Patty
Fresh Vegetables with Dip
Assorted Fruit**

16

***Chicken Tenders
with Dinner Roll**

***Turkey & Cheese Sandwich
French Fries
Tossed Salad
Fresh Vegetables with Dip
Assorted Fruit**

17

***French Bread Pizza
Romaine Salad**

***Turkey & Cheese Sandwich
Fresh Vegetables with Dip
Assorted Fruit
Fresh Baked Cookie**

18

***Hot Dog on Bun
*Ham & Cheese Sandwich
Smile Fries
Baked Beans**

**Fresh Vegetables with Dip
Assorted Fruit**

21

***Penne Pasta & Meatballs
with Marinara Sauce
Garlic Knot**

***Ham & Cheese Sandwich
Romaine Salad
Fresh Vegetables with Dip
Assorted Fruit**

22

***Bacon, Egg & Cheese
Breakfast Sandwich
Tater Tots**

***Ham & Cheese Sandwich
Fresh Vegetables with Dip
Assorted Fruit
Strawberry Cake**

23

***Beef Taco with Tortilla Chips**

***Ham & Cheese Sandwich
Shredded Lettuce &
Diced Tomatoes
Steamed Corn
Fresh Vegetables with Dip
Assorted Fruit**

24

***Big Daddy's Pepperoni or
Cheese Pizza
Curly Fries**

**Romaine Salad
*Turkey & Cheese Sandwich
Fresh Vegetables with Dip
Assorted Fruit**

25

***Pizza Sticks with
Homemade Dipping Sauce
*Ham & Cheese Sandwich
Seasoned Pasta**

**Fresh Vegetables with Dip
Assorted Fruit**

28

***Raiders App Sampler*
Chicken Tenders, Pretzel Rod
Mozzarella Sticks
Ham & Cheese Sandwich
Steamed Broccoli**

**Fresh Vegetables with Dip
Assorted Fruit**

29

***French Toast Sticks
with Syrup
Sausage Links**

***Ham & Cheese Sandwich
Hash Brown Patty
Fresh Vegetables with Dip
Assorted Fruit**

30

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