



East Stroudsburg Area School District



Breakfast & Lunch Menu ~ AUGUST-SEPTEMBER 2026



FREE Breakfast & Lunch

****CHECK OUT OUR NEW MENU OFFERINGS:****

*Mac-N-Cheese Bites – 9/2

*Egg & Colby Cheese Breakfast Wrap – 9/3

*Strawberry Puff Pancakes – 9/8

* Ranch Seasoned Fries – 9/11

*Fun-N-Fruity Belgium Waffle – 9/14

*Chicken Fajita Protein Power Bowl – 9/22

***ALA CARTE OPEN & AVAILABLE* - Please see ala carte list via our website; esasd.net - foodservices link**

Monday	Tuesday	Wednesday	Thursday	Friday
8/31 BREAKFAST: Dutch Waffle LUNCH: Breaded Chicken Tenders Pizza and Deli Alternates Curly Fries Red, White & Blue Cool Tropics Slush Juice & Milk	9/1 BREAKFAST: Ham, Egg & Cheese Breakfast Croissant LUNCH: Walking Taco Tuesday Pizza and Deli Alternates Lettuce & Tomato Cup Crisp Apple Slices Juice & Milk	9/2 BREAKFAST: Cereal Bar w/ WG Crackers LUNCH: Mac & Cheese Bites Pizza and Deli Alternates Crisp Carrot & Celery Sticks Sweet Strawberries Juice & Milk	9/3 BREAKFAST: Egg & Colby Cheese Breakfast Wrap LUNCH: Chicken Mashed Potato Bowl (served in a bowl or separately) Pizza & Deli Alternates Golden Corn Fresh Fruit & Vegetables Juice & Milk	9/4  LABOR DAY HOLIDAY NO SCHOOL FOR STUDENTS
9/7  LABOR DAY HOLIDAY NO SCHOOL FOR STUDENTS	9/8 BREAKFAST: Strawberry Puff Pancakes LUNCH: General Tso's Chicken Pizza and Deli Alternates WG Steamed Rice Steamed Broccoli Assorted Fruits Juice & Milk	9/9 BREAKFAST: Glazed Cinnamon Bun LUNCH: Grilled Cheese Sandwich Pizza and Deli Alternates Creamy Tomato Soup Fresh Watermelon & Assorted Veggies Juice & Milk	9/10 BREAKFAST: Egg-n-Cheese Breakfast Sandwich LUNCH: Brunch For Lunch: French Toast Sticks & Sausage Links Pizza and Deli Alternates Hash Brown Patty & Assorted Fruits Juice & Milk	9/11 BREAKFAST: Warm Bagel with or w/o Cream Cheese LUNCH: Cheeseburger on a Bun Pizza & Deli Alternates Ranch Seasoned Fries Sweet Blueberries & Fresh Veggies Juice & Milk
9/14 BREAKFAST: Fun-N-Fruity Belgium Waffle LUNCH: Chicken Fryz w/ WG Dinner Roll Pizza and Deli Alternates Assorted Fruits & Vegetables Juice & Milk	9/15 BREAKFAST: Sausage, Egg & Cheese Breakfast Sandwich LUNCH: Ham & Cheese on Pretzel Bun Pizza and Deli Alternates Chicken Noodle Soup Assorted Fruits & Vegetables Juice & Milk	9/16 BREAKFAST: Warm Mini Cinnis LUNCH: Lightly Breaded Chicken Patty on a Bun Pizza and Deli Alternates Curly Fries Assorted Fruits & Vegetables Juice & Milk	9/17 BREAKFAST: Bacon & Cheese Breakfast Croissant LUNCH: Spaghetti w/ Meat Sauce Pizza and Deli Alternates Tossed Salad Sliced Strawberry Cup Juice & Milk	9/18 BREAKFAST: Pancake & Sausage on a Stick LUNCH: Walking Taco Pizza and Deli Alternates Lettuce & Tomato Cup Assorted Fruits & Vegetables Juice & Milk
9/21 BREAKFAST: WG Donut Sticks LUNCH: Hot Dog on a Bun Pizza and Deli Alternates Smile Fries Assorted Fruits & Vegetables Juice & Milk	9/22 BREAKFAST: Bacon, Egg & Cheese Bagel Sandwich LUNCH: Chicken Fajita Protein Power Bowl (served with or w/o Black Beans) Pizza and Deli Alternates Fresh Vegetables & Fresh Blueberry Cup Juice & Milk	9/23 BREAKFAST: Oatmeal Breakfast Bar LUNCH: Chicken Nuggets w/ WG Dinner Roll Pizza and Deli Alternates Tender Green Beans & Assorted Fruit Juice & Milk	9/24 BREAKFAST: Ham & Cheese Breakfast Sandwich LUNCH: Bacon Cheeseburger on a Bun Pizza and Deli Alternates Assorted Fruits & Vegetables Juice & Milk	9/25 BREAKFAST: Dutch Waffle LUNCH: Chicken Broccoli Alfredo over Penne Pasta Pizza and Deli Alternates Fresh Fruit Cup & Fresh Vegetables Juice & Milk
9/28 BREAKFAST: Confetti Pancakes LUNCH: Mac-N-Cheese Bites Pizza and Deli Alternates Mixed Veggies Assorted Fruits Juice & Milk	9/29 BREAKFAST: Egg & Colby Cheese Breakfast Wrap LUNCH: Brunch For Lunch: French Toast Sticks & Sausage Pizza and Deli Alternates Hash Brown Patty & Assorted Fruits Juice & Milk	9/30 BREAKFAST: Chocolate Chip Waffle LUNCH: General Tso's Chicken Pizza and Deli Alternates WG Steamed Rice Assorted Fruits & Vegetables Juice & Milk	10/1 BREAKFAST: Bacon, Egg & Cheese Bagel Sandwich LUNCH: Beefaroni w/ Garlic Bread Pizza and Deli Alternates Tossed Salad & Assorted Fruits Juice & Milk	10/2 BREAKFAST: WG Blueberry Crumb Coffee Cake LUNCH: Corn Dog Nuggets Pizza and Deli Alternates Vegetable Soup Assorted Fruits & Vegetables Juice & Milk

Available Daily for Lunch: Peanut Butter & Jelly Sandwich; Deli Sandwiches; Selected Pizza; Yogurt Meal; Assorted Fruits & Vegetables. All Meals Include: ½ Cup Fruit and/or 100% Fruit Juice, ½ Cup Vegetables; Choice of ½ pint fat free or 1% white milk, or no fat chocolate milk or Lactaid.

Suggestions/Comments: Please contact Food Services: melissa-collevecchio@esasd.net; 570-424-8500 Ext 10530

Check out the web page: www.esasd.net

Pay for your meals in advance through www.schoolcafe.com

Now online: Information about Birthday Baskets

Thank you for your support of the cafeteria

****MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY****

"This institution is an equal opportunity provider"

8/11/26