

OCTOBER HIGH SCHOOL LUNCH MENU

SERVED DAILY

White Milk & 1% Chocolate Milk,
*Assorted Pizza, *Hamburger,
*Cheeseburger, *Fresh Deli
Sandwich
*Entree Salads, *PBJ Sandwich,

HARVEST OF THE MONTH:

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Apples "help keep the doctor way" because they are packed with vitamin C.



Did you know there are 7,500 different varieties of apples. Pennsylvania produces 400-500 million pounds every year of apples. a bulk of PA apples are fresh or made into apple sauce and juice.



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!



***Chicken Nuggets
with Dinner Roll
French Fries
*Hot Ham & Cheese
on Pretzel Roll
*Meat Lovers Pizza
Fresh Vegetables with Dip
Assorted Fruit**

5

***Fire Cracker Chicken
over Rice
Steamed Broccoli
Fortune Cookie
*Spicy Chicken Bites
*Hawaiian Pizza
Fresh Vegetables with Dip
Assorted Fruit**

6

***Chicken Parmesan over
Penne Pasta
Garlic Knot
*Cheesesteak Pizza
Caesar Salad
Fresh Vegetables with Dip
Assorted Fruit
Fresh Baked Cookie**

7

***Chicken Potstickers with
General Tso Sauce
Steamed Broccoli/Fried Rice
*Chicken Bacon Ranch
Sandwich
*Meat Lovers Pizza
Fresh Vegetables with Dip
Assorted Fruit**

1

***Popcorn Chicken Raider Bowl
Mashed Potatoes
Steamed Corn
*Hot Ham & Cheese Sandwich
*Cheeseburger Pizza
Fresh Vegetables with Dip
Assorted Fruit**

2

***Beef & Cheese Nachos
with Lettuce & Salsa
*Crispy Chicken Sandwich
*Hot Honey Pepperoni Pizza
Refried Beans/Steamed Rice
Fresh Vegetables with Dip
Assorted Fruit**

8

***French Toast Sticks
Sausage Links
Hash Brown Patty
Pulled Pork BBQ Sandwich
*Chicken Bacon Ranch Pizza
Fresh Vegetables with Dip
Assorted Fruit
Homemade Apple Crisp**

9



***Mozzarella Sticks with
Homemade Dipping Sauce
Steamed Carrots
Seasoned Pasta
*Spicy Chicken Bites
*Fajita Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit**

13

***Beef, Bean and Cheese Burrito
Mexican Rice
Chicken Bacon Ranch
Sandwich
*Hot Honey Pepperoni Pizza
Fresh Vegetables with Dip
Assorted Fruit**

14

**Burger of the Month
*Bacon Pepper Jack
Cheeseburger on Pretzel Bun
Curly Fries
Crispy Chicken Sandwich
*Chicken Bacon Ranch Pizza
Fresh Vegetables with Dip
Assorted Fruit**

15

***Pork Carnitas Totchos
Mini Corn on the Cob
Coleslaw
*Hot & Spicy Chicken
Sandwich
*Buffalo Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit**

16

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

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

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MON

Raiders App Sampler
Chicken Tenders, Pretzel Rod
Mozzarella Sticks
Steamed Broccoli
Crispy Chicken Sandwich
*Cheese Steak Pizza
Fresh Vegetables with Dip
Assorted Fruit **19**

***Chicken Nuggets**
with Cornbread
French Fries
*Hot Ham & Cheese
on Pretzel Roll
*Meat Lovers Pizza
Fresh Vegetables with Dip
Assorted Fruit **26**

TUE

***Tossed Boneless**
Chicken Wings
*Hot Ham & Cheese
on Pretzel Roll
*Meatlovers Pizza
Hush Puppies
Fresh Vegetables with Dip
Assorted Fruit **20**

***Homemade Macaroni & Cheese**
with Dinner Roll
*Taco Pizza
Steamed Broccoli
Fresh Vegetables with Dip
Assorted Fruit
Ice Cream Cup **27**

WED

***Teriyaki Beef or Fajita**
Chicken Rice Bowl
Steamed Broccoli
Queso Sauce
Black Bean Burger
*BBQ Chicken Pizza
Fresh Vegetables with Dip
Assorted Fruit **21**

***Pulled Pork on Roll**
Waffle Fries
Baked Beans
*Crispy Chicken Sandwich
*Taco Pizza
Fresh Vegetables with Dip
Assorted Fruit **28**

THU

***Chicken Tender Hoagie**
Smiley Fries
*Chicken Fajita Pizza
Tossed Salad
Fresh Vegetables with Dip
Assorted Fruit
Fresh Baked Cookie **22**

***Homemade Chicken Quesadilla**
Mexican Rice/Fiesta Beans
Chicken Bacon Ranch
Sandwich
*Hot Honey Pepperoni Pizza
Fresh Vegetables with Dip
Assorted Fruit **29**

FRI

*** Buffalo Chicken Dip**
Tortilla Chips
*Hot Ham & Cheese on
Pretzel Roll
*White Pizza
Fresh Vegetables with Dip
Assorted Fruit **23**



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