

OCTOBER MIDDLE SCHOOL LUNCH MENU

SERVED DAILY

White Milk & 1% Chocolate Milk,
*Big Daddy's Pizza, *Hamburger,
*Cheeseburger,
*Spicy Chicken Bites,
*Crispy Chicken Sandwich, Spicy
*Chicken Sandwich
*Assorted Salads,
*Fresh Deli Sandwiches,
*PBJ Sandwich, Yogurt Fun Lunch

HARVEST OF THE MONTH:

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 elco.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**

5

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

6

***Teriyaki Beef
or Fajita Chicken
Rice Bowl
Steamed Broccoli
Queso Sauce
Fresh Vegetables with Dip
Assorted Fruit**

7

***Chicken Tender Hoagie
Curly Fries
Tossed Salad
Fresh Vegetables with Dip
Assorted Fruit
Mini Ice Cream Sandwich**

8

***Pulled Pork on Kaiser Roll
Baby Baker Potatoes
Baked Beans
Coleslaw
Fresh Vegetables with Dip
Assorted Fruit**

9



***Homemade Macaroni &
Cheese
with Dinner Roll
Steamed Broccoli
Fresh Vegetables with Dip
Assorted Fruit
Fresh Baked Cookie**

13

***Breakfast Egg Sandwich with
Choice of Bacon or Sausage
Tater Tots
Fresh Vegetables with Dip
Assorted Fruit
Animal Crackers**

14

***Walking Tacos
with Lettuce & Tomatoes
Fiesta Beans
Steamed Corn
Fresh Vegetables with Dip
Assorted Fruit**

15

***Popcorn Chicken Raider Bowl
Mashed Potatoes with Gravy
Steamed Corn
Romaine Salad
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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Services

MON

Burger Of The Month
***Bacon Pepper Jack**
Cheeseburger on Pretzel Roll
Potato Wedges
Steamed Mixed Vegetables
Fresh Vegetables with Dip
Assorted Fruit

19

***Italian Duo**
Meatballs, Stuffed Shells
Garlic Knot
Fresh Vegetables with Dip
Assorted Fruit
Ice Cream Cup

26

TUE

***Tossed Boneless**
Chicken Wings
BBQ or Hot Sauce
Hush Puppies
Fresh Vegetables with Dip
Assorted Fruit

20

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

27

WED

***Chicken Potstickers**
with General Tso Sauce
Fried Rice
Spinach Salad
Fresh Vegetables with Dip
Assorted Fruit

21

***Pork Carnitas Totchos**
Mini Corn on the Cob
Coleslaw
Fresh Vegetables with Dip
Assorted Fruit

28

THU

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

22

***Homemade Chicken**
Quesadilla
Mexican Rice
Fiesta Beans
Fresh Vegetables with Dip
Assorted Fruit

29

FRI

***Breakfast Egg Sandwich with**
Choice of Bacon or Sausage
Tater Tots
Fresh Vegetables with Dip
Assorted Fruit
Homemade Apple Crisp

23



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