

OCTOBER INTERMEDIATE LUNCH MENU

SERVED DAILY

White Milk & 1% Chocolate Milk
*Yogurt Meal with String Cheese,
*Assorted Salads,
*Fresh Deli Sandwich,
*PBJ Sandwich

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 elcosd.org and follow the tabs to Food Services

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

MON

TUE

WED

THU

FRI

Select one ***lunch entrée**, milk, and up to two fruits and two veggies for a complete meal!



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

5

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

6

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

7

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

8

***Cheeseburger or Bacon
Cheeseburger on Bun**
***Hot Dog on Bun**
Tater Tots
Baked Beans
Fresh Vegetables with Dip
Assorted Fruit

9



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

13

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

14

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

15

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

16

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MON

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

19

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

26

TUE

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

20

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

27

WED

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

21

***Bacon, Egg, and Cheese
Breakfast Sandwich
Tater Tots
*Chicken Tenders
Fresh Vegetables with Dip
Assorted Fruit
Homemade Apple Crisp**

28

THU

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

22

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

29

FRI

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

23

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