

OCTOBER ELEMENTARY LUNCH MENU

SERVED DAILY

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

HARVEST OF THE MONTH:

.....

Apples "help keep the doctor away" 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 Paid- \$3.30
Student Reduced- Free
Adult Lunch- \$5.50

MON

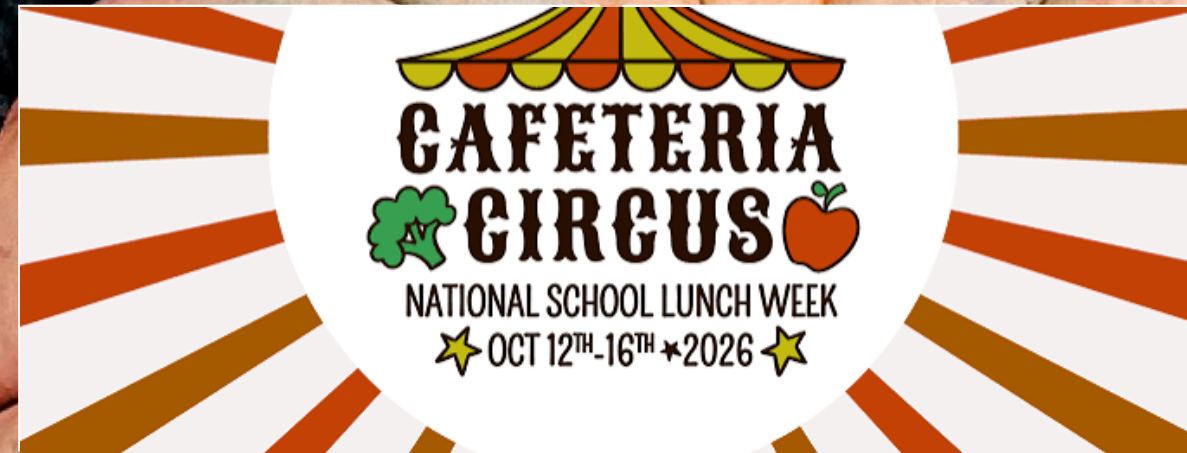
TUE

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

5

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

6

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

7

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

1

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

2

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

8

***Cheeseburger or
Bacon Cheeseburger on Bun**
***Turkey & Cheese Sandwich**
Curly Fries
Baked Beans
Fresh Vegetables with Dip
Assorted Fruit

9



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

13

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

14

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

15

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

16

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

OCTOBER ELEMENTARY LUNCH MENU

SERVED DAILY

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

MON

***Mozzarella Sticks with
Homemade Dipping Sauce
Garlic Knot
*Turkey & Cheese Sandwich
Tossed Salad
Fresh Vegetables with Dip
Assorted Fruit**

19

***Hot Dog on Roll
Smile Fries
Baked Beans
*Ham & Cheese Sandwich
Fresh Vegetables with Dip
Assorted Fruit**

26

TUE

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

20

***Penne Pasta & Meatballs
with Marinara Sauce
Garlic Knot
*Ham & Cheese Sandwich
Romaine Salad
Fresh Vegetables with Dip
Assorted Fruit**

27

WED

***Chicken Tenders
with Dinner Roll
French Fries
*Turkey & Cheese Sandwich
Tossed Salad
Fresh Vegetables with Dip
Assorted Fruit**

21

***Bacon, Egg & Cheese
Breakfast Sandwich
Tater Tots
*Ham & Cheese Sandwich
Fresh Vegetables with Dip
Assorted Fruit
Homemade Apple Crisp**

28

THU

***Mini Pancakes
with Sausage Links
*Turkey & Cheese Sandwich
Hash Brown Patty
Fresh Vegetables with Dip
Assorted Fruit**

22

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

29

FRI

***French Bread Pizza
Romaine Salad
*Turkey & Cheese Sandwich
Fresh Vegetables with Dip
Assorted Fruit
Ice Cream Cup**

23



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

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