

If you or someone in your party has a food allergy, please contact a foodservice manager, chef, or dietitian on site.



Five food components are offered at lunch daily: **Meat/Meat Alternate, Grain, Fruit, Vegetable, and Milk.** To make a meal, students must select foods from at least 3 components in the required serving sizes. At least one item must be ½ c fruit or ½ c vegetable.

Milk choices include 1% white milk or fat-free flavored milk

October is Eat Better, Eat Together Month!



All students are eligible for universal free lunch in the Scranton School District

OCTOBER 2026 ECA LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Apply online @ www.aramark.com			Turkey Barbacoa Soft Tacos w/ Cheese Cheese Pizza Pepperoni Pizza Steamed Corn Fresh Green Pepper Strips Fresh Spinach Salad Pineapple Chunks Fresh Banana 1	Italian Meatball Sub Cheese Pizza Pepperoni Pizza Steamed Peas Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice 2	Available Daily Cheese, PB&J and/or Sunbutter & Jelly Sandwiches Weekly Grab & Go 10/1 – 10/2 Ham & Cheese Sandwich Egg Chef Salad w/ Croutons & Dinner Roll 10/5 – 10/9 Peach & Yogurt Parfait w/ Cheez-It Crackers, Goldfish, and Cheese Stick Spicy Popcorn Chicken Salad w/ Croutons & Dinner Roll 10/12 – 10/16 Turkey & Cheese Sub Baja Salad w/ Croutons & Dinner Roll 10/19 – 10/23 Blueberry & Yogurt Parfait w/ Cheez-It Crackers, Goldfish, and Cheese Stick Breaded Chicken Caesar Salad w/ Croutons & Dinner Roll 10/26 – 10/30 MYO Pepperoni & Mozzarella Flatbread Pizza Beef Taco Salad w/ Croutons & Dinner Roll
Cheese Stuffed Bosco Breadsticks w/ Dipping Sauce Cheese Pizza Buffalo Chicken Pizza Crinkle Cut French Fries Fresh Celery Sticks Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice 5	Cheeseburger Cheese Pizza Buffalo Chicken Pizza Steamed Corn Fresh Tomato Wedges Fresh Spinach Salad Diced Peaches Fresh Orange 6	Popcorn Chicken Potato Bowl w/ Goldfish Crackers Cheese Pizza Buffalo Chicken Pizza Mashed Potatoes Fresh Broccoli Fresh Garden Salad Diced Pears Fresh Apple Slices 7	Macaroni & Cheese w/ Breadstick Cheese Pizza Buffalo Chicken Pizza Tater Tots Fresh Cucumber Slices Fresh Spinach Salad Pineapple Chunks Fresh Banana 8	Professional Development Day No School for Students 9	
	Spicy Nashville Chicken Sandwich Cheese Pizza Chicken Sausage Pizza Steamed Green Beans Fresh Cucumber Slices Fresh Spinach Salad Diced Peaches Fresh Orange 13	Mini Maple Pancakes Colby Cheese Omelet Cheese Pizza Chicken Sausage Pizza Tater Tots Fresh Celery Sticks Fresh Garden Salad Diced Pears Fresh Apple Slices 14	Popcorn Chicken w/ Mini Biscuit Cheese Pizza Chicken Sausage Pizza Spiral Fries Fresh Broccoli Fresh Spinach Salad Pineapple Chunks Fresh Banana 15	Mini Chicken Corn Dogs Cheese Pizza Chicken Sausage Pizza Steamed Corn Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice 16	
Chili Orange Glazed Popcorn Chicken w/ Rice Cheese Pizza Pepperoni Pizza Steamed Broccoli Fresh Baby Carrots Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice 19	Breaded Chicken Sandwich w/ Signature "Scranton" Sauce Cheese Pizza Pepperoni Pizza Campfire Beans Fresh Broccoli Fresh Spinach Salad Diced Peaches Fresh Orange 20	Rotini Pasta w/ Meat Sauce & Breadstick Cheese Pizza Pepperoni Pizza Steamed Green Beans Fresh Celery Sticks Fresh Garden Salad Diced Pears Fresh Apple Slices 21	Waffles w/ Turkey Sausage Links Cheese Pizza Pepperoni Pizza Smile Fries Fresh Green Pepper Strips Fresh Spinach Salad Pineapple Chunks Fresh Banana 22	Grilled Cheese Sandwich Cheese Pizza Pepperoni Pizza Steamed Carrots Fresh Cucumber Slices Fresh Garden Salad Applesauce 100% Orange Juice 23	
Breaded Fish Bites w/ Buffalo Cheez-It Crackers Cheese Pizza Taco Pizza Crinkle Cut French Fries Fresh Green Pepper Strips Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice 26	Corn Dog Cheese Pizza Taco Pizza Steamed Green Beans Fresh Broccoli Fresh Spinach Salad Diced Peaches Fresh Orange 27	Nacho Cheese Dorito Walking Taco Cheese Pizza Taco Pizza Kickin' Pinto Beans Fresh Tomato Wedges Fresh Garden Salad Diced Pears Fresh Apple Slices 28	Chicken Patty Sandwich Cheese Pizza Taco Pizza Waffle Fries Fresh Celery Sticks Fresh Spinach Salad Pineapple Chunks Fresh Banana 29	BBQ Pork Riblet Sandwich Cheese Pizza Taco Pizza Steamed Peas Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice 30	