



September/October 2026

ELC and CHEVERUS SCHOOL MENU

Healthy Body ~ Healthy Minds

OFFERED DAILY

Jammie
Sunbutter and
Jelly Sandwich
(V)

Sandwich
American Cheese
on Wheat Bread
(V)

Every Meal
Comes Complete
with Fruit, Milk
and Veggies

Fruit & Veggie
Bars May
Include:
Carrots,
Cucumbers,
Tomatoes,
Celery Sticks,
Three Bean
Salad, Fresh
Fruit, Fruit
Cups, Raisins,
100% Fruit
Juice and More!

K- Kosher Option
H- Halal Option
V - Vegetarian Option
GF- Gluten Free Option

Breakfast & Lunch
1st Meal Is Free
To All Students

Powering
potential.

MON	TUES	WED	THURS	FRI
28 "Buonissimo" Cheese Lasagna (V) Dinner Roll Green Beans Celery Sticks Juicy Apple Choice of Milk	29 "The Classic" Crispy Chicken Breast Sandwich Whole Grain Bun Golden Corn Red Pepper Strips Sweet Orange Choice of Milk	30 "Delicious" Pizza Crunchers Sweet Carrots Fresh Broccoli Green Apple Choice of Milk	1 "From The Grill" Juicy Cheeseburger (H) Crispy Potato Puffs Cucumber Coins Baby Bananas Choice of Milk	2 "Pizzeria Style" Slice of Pizza (V) Romaine Side Salad Three Bean Salad Fruit Cup Choice of Milk
5 "Mama Mia" Meatball Sub Green Beans Celery Sticks Juicy Apple Choice of Milk	6 "General Tso" Asian Chicken Whole Grain Rice Roasted Broccoli Red Pepper Strips Sweet Orange Choice of Milk	7 "Homemade" Macaroni & Cheese (V) Sweet Peas Fresh Broccoli Green Apple Choice of Milk	8 "Mouth Popping" Chicken Bites (H) Whole Grain Snack Tater Tots Sweet Carrots Baby Bananas Choice of Milk	9 "Pizzeria Style" Slice of Pizza (V) Romaine Side Salad Three Bean Salad Fruit Cup Choice of Milk
12 No School Today	13 "Savory" Chicken Dumplings With Asian Sauce Vegetable Fried Rice Roasted Broccoli Red Pepper Strips Sweet Orange Choice of Milk	14 Spaghetti and Meatballs WG Dinner Roll Green Beans Celery Sticks Green Apple Choice of Milk	15 "Ball Park Frank" All Beef Hot Dog (Pre-K = Cheeseburger) Boston Baked Beans Sweet Carrots Baby Bananas Choice of Milk	16 "Personal" Pan Pizza (V) Romaine Side Salad Three Bean Salad Fruit Cup Choice of Milk
19 "Classic" Crispy Chicken Parmesan Sandwich Whole Grain Bun Green Beans Celery Sticks Juicy Apple Choice of Milk	20 "Tex-Mex" Beef Nachos Grande Seasoned Black Beans Roasted Corn Red Pepper Strips Sweet Orange Choice of Milk	21 "Oven Fresh" French Toast Sticks Breakfast Sausage Crispy Hash Brown Sweet Carrots Green Apple Choice of Milk	22 "Delicious" Barbacoa Soft Tacos Roasted Corn Cucumber Coins Baby Bananas Choice of Milk	23 "Pizzeria Style" Slice of Pizza (V) Romaine Side Salad Three Bean Salad Fruit Cup Choice of Milk
26 "Delicious" Cheesy Breadsticks Green Beans Celery Sticks Juicy Apple Choice of Milk	27 "Delicious" Seasoned Beef Soft Tacos Roasted Corn Red Pepper Strips Sweet Orange Choice of Milk	28 "Cheesy" Chicken Penne Alfredo WG Dinner Roll Broccoli Cucumber Coins Green Apple Choice of Milk	29 "Delicious" Macaroni and Cheese Bites Green Beans Sweet Carrots Baby Bananas Choice of Milk	30 "Personal" Pan Pizza (V) Romaine Side Salad Three Bean Salad Fruit Cup Choice of Milk

Menus are subject to change.

ENJOY FREE BREAKFAST EVERY DAY

Our Daily Grab & Go Breakfast Includes:
Whole Grain Items, $\frac{1}{2}$ Cup of Fruit or 100% Fruit Juice
Additional Fruit or Veggie Options
and Fat-Free or 1% Milk Choice Are Available As Well
Whole Grain Items Include - Muffins, Cereal, Cereal Bars,
Breakfast Breads, Hot Breakfast Items And A Variety of Whole
Grain Snack Items

aramark
STUDENT
NUTRITION

This  in equal opportunity provider.

