



East Stroudsburg Area School District



Breakfast & Lunch Menu ~ OCTOBER 2026



FREE Breakfast & Lunch

***ALA CARTE OPEN & AVAILABLE* - Please see ala carte list via our website; esasd.net - foodservices link**

Monday	Tuesday	Wednesday	Thursday	Friday
				
10/5 BREAKFAST: Mini Cinnis LUNCH: Walking Taco Pizza Kit and Deli Alternates Golden Corn Assorted Fruits Juice & Milk	10/6 BREAKFAST: Egg & Cheese Breakfast Wrap LUNCH: General Tso's Chicken Pizza and Deli Alternates WG Steamed Rice Steamed Broccoli Assorted Fruits Juice & Milk	10/7 BREAKFAST: WG Pop Tart w/ Cinnamon Grahams LUNCH: Grilled Cheese Sandwich Pizza and Deli Alternates Creamy Tomato Soup Fresh Watermelon & Assorted Veggies Juice & Milk	10/8 BREAKFAST: Ham, Egg & Cheese Breakfast Croissant LUNCH: Brunch for Lunch: French Toast Sticks & Sausage Links Pizza and Deli Alternates Hash Brown Patty Assorted Fruits Juice & Milk	10/9 BREAKFAST: Warm Bagel with or w/o Cream Cheese LUNCH: Cheeseburger on a Bun Pizza and Deli Alternates Ranch Seasoned Fries Sweet Blueberries Juice & Milk
10/12 <i>NO SCHOOL FOR STUDENTS</i> 	10/13 BREAKFAST: Sausage, Egg & Cheese Breakfast Sandwich LUNCH: Chicken Mashed Potato Bowl Pizza and Deli Alternates Golden Corn Assorted Fruits & Vegetables Juice & Milk	10/14 BREAKFAST: Warm Mini Cinni LUNCH: Italian Sub (Ham, Salami & Pepperoni) with Baked BBQ Chips Pizza and Deli Alternates Assorted Fruits & Vegetables Juice & Milk	10/15 BREAKFAST: Bacon, Egg & Cheese Breakfast Bagel LUNCH: Chicken Broccoli Alfredo over Penne Pasta w/ WG Dinner Roll Pizza and Deli Alternates Sliced Strawberry Cup & Assorted Vegetables Juice & Milk	10/16 BREAKFAST: Pancake & Sausage on a Stick LUNCH: Mac & Cheese Bites Pizza and Deli Alternates Assorted Fruits & Vegetables Juice & Milk
10/19 BREAKFAST: WG Donut Sticks LUNCH: Hot Dog on a Bun Pizza and Deli Alternates Smile Fries Assorted Fruits & Vegetables Juice & Milk	10/20 BREAKFAST: Bacon, Egg & Cheese Bagel Sandwich LUNCH: Baked Ziti w/ Cheesy Stuffed Twisted Breadstick Pizza and Deli Alternates Fresh Vegetables & Fresh Blueberry Cup Juice & Milk	10/21 BREAKFAST: Oatmeal Breakfast Bar LUNCH: Lightly Breaded Chicken Nuggets Pizza and Deli Alternates Tender Green Beans & Assorted Fruit Juice & Milk	10/22 BREAKFAST: Ham, Egg & Cheese Breakfast Sandwich LUNCH: Buttered Pierogies Pizza and Deli Alternates Assorted Fruits & Vegetables Juice & Milk	10/23 BREAKFAST: Dutch Waffle LUNCH: Seasoned Chicken Protein Power Bowl (Served with or w/o Black Beans) Pizza and Deli Alternates Fresh Fruit Cup & Fresh Vegetables Juice & Milk
10/26 BREAKFAST: WG Cinnamon Bun LUNCH: Chicken Cheesesteak Pizza and Deli Alternates Curly Fries Assorted Fruits Juice & Milk	10/27 BREAKFAST: Egg & Colby Cheese Breakfast Wrap LUNCH: Brunch for Lunch: French Toast Sticks & Sausage Links Turkey and Cheese Lunchable and Deli Alternates Hash Brown Patty Assorted Fruits Juice & Milk	10/28 BREAKFAST: Chocolate Chip Waffle LUNCH: General Tso's Chicken Pizza and Deli Alternates Steamed WG Rice Steamed Broccoli Assorted Fruits & Vegetables Juice & Milk	10/29 BREAKFAST: Mini Pancakes LUNCH: Chicken Patty Sandwich Pizza and Deli Alternates Assorted Fruits & Vegetables Juice & Milk	10/30 <i>Happy Halloween!!</i> BREAKFAST: Monster's Yogurt Parfait w/ Vanilla Emoji Crackers LUNCH: Frankenstein Frankfurter (Hot Dog in a Bun) Pizza and Deli Alternates <i>Spooky Spuds</i> (French Fries) Assorted Fruits & Vegetables Juice & Milk

Available Daily for Lunch: Peanut Butter & Jelly Sandwich; Deli Sandwiches; Selected Pizza; Yogurt Meal; Assorted Fruits & Vegetables. All Meals Include: ½ Cup Fruit and/or 100% Fruit Juice, ½ Cup Vegetables; Choice of ½ pint fat free or 1% white milk, or no fat chocolate milk or Lactaid.

Suggestions/Comments: Please contact Food Services: melissa-collevecchio@esasd.net; 570-424-8500 Ext 10530

Check out the web page: www.esasd.net

Pay for your meals in advance through www.schoolcafe.com

Now online: Information about Birthday Baskets

Thank you for your support of the cafeteria

****MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY****

"This institution is an equal opportunity provider"

9/22/26