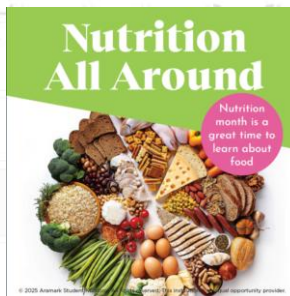


If you or someone in your party has a food allergy, please contact a foodservice manager, chef, or dietitian on site.



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



November is Good Nutrition Month



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

NOVEMBER 2026 ECA LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
Breaded Mozzarella Pizza Crunchers w/ Dipping Sauce Cheese & Pepperoni Pizza Baked Beans Fresh Broccoli Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice 2	 ELECTION 	Chicken & Vegetable Dumpling Fried Rice w/ Veggies (w/ egg) Cheese Pizza Pepperoni Pizza Steamed Carrots Fresh Cucumber Slices Fresh Garden Salad Diced Pears Fresh Apple Slices 4	Turkey Barbacoa Soft Tacos w/ Cheese Cheese Pizza Pepperoni Pizza Steamed Corn Fresh Green Pepper Strips Fresh Spinach Salad Pineapple Chunks Fresh Orange 5	Italian Meatball Sub Cheese Pizza Pepperoni Pizza Steamed Peas Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice 6	<u>Available Daily</u> Cheese and Sunbutter & Jelly Sandwiches Weekly Grab & Go 11/2 – 11/6 Ham & Cheese Sandwich Egg Chef Salad w/ Croutons & Dinner Roll 11/9 – 11/13 Peach & Yogurt Parfait w/ Cheez-It Crackers, Goldfish, and Cheese Stick Spicy Popcorn Chicken Salad w/ Croutons & Dinner Roll 11/16 – 11/20 Turkey & Cheese Sub Baja Salad w/ Croutons & Dinner Roll 11/23 – 11/27 Blueberry & Yogurt Parfait w/ Cheez-It Crackers, Goldfish, and Cheese Stick Breaded Chicken Caesar 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 9	<u>Bagged Lunch</u> Cheeseburger Fresh Baby Carrots Fresh Orange Milk 10	 VETERANS DAY HONORING ALL WHO SERVED	<u>Bagged Lunch</u> Grilled Cheese Sandwich Fresh Cucumber Slices Fresh Orange Milk 12	Breaded Fish Sandwich Cheese Pizza Buffalo Chicken Pizza Campfire Beans Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice 13	
Soft Beef Tacos Cheese Pizza Chicken Sausage Pizza Kickin' Pinto Beans Fresh Tomato Wedges Fresh Garden Salad Mixed Fruit Cup 100% Apple Juice 16	<u>Bagged Lunch</u> Chicken Patty Sandwich Fresh Cucumber Slices Fresh Orange Milk 17	Mini Maple Pancakes Scrambled Eggs Cheese Pizza Chicken Sausage Pizza Tater Tots Fresh Celery Sticks Fresh Garden Salad Diced Pears Fresh Apple Slices 18	<u>Friendsgiving!</u> Roasted Turkey Slices Biscuit Mashed Potatoes w/ Gravy Seasoned Green Beans Cheese or Chicken Sausage Pizza Fresh Broccoli & Spinach Salad Pineapple Chunks Fresh Orange 19	Mini Chicken Corn Dogs Cheese Pizza Chicken Sausage Pizza Steamed Corn Fresh Baby Carrots Fresh Garden Salad Applesauce 100% Orange Juice 20	
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 23	Breaded Chicken Sandwich w/ Signature "Scranton" Sauce Cheese Pizza Pepperoni Pizza Campfire Beans Fresh Broccoli Fresh Spinach Salad Diced Peaches Fresh Orange 24	<u>Early Dismissal</u> <u>Bagged Lunch</u> Galaxy Pizza Fresh Baby Carrots Fresh Apple Slices Milk 25	 GIVE THANKS		
 No School 30	 Layers of Delicious	 Good Friends Good Food	Parfait Day 11/9!		

