Student Lunch- $3.30
Student Reduced- Free
Adult Lunch - $5.50

NOVEMBER INTERMEDIATE LUNCH MENU

SERVED DAILY

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

HARVEST OF THE MONTH:

Winter Squash like butternut, acorn, spaghetti. and pumpkins are in harvested in November. We are all familiar the flakey sweet pumpkin pie this time of year, however Pilgrims would make their pumpkin pie by hollowing out a pumpkin and fill it with apples, fruits, spice and sugar, then bake it.

For more information, menus, payment options, SchoolCafe.com, and more, please visit elcosd.org and follow the tabs to Food Services

Select one ***lunch entrée**, milk, and up to two fruits and two veggies for a complete meal!

MON	TUE	WED	THU	FRI
*Pizza Sticks with Homemade Dipping Sauce *Hot Dog on Bun Seasoned Pasta Romaine Salad Fresh Vegetables with Dip Assorted Fruit 2	*Corn Dog Nuggets with Cornbread *Cheeseburger on Bun Baked Beans Fresh Vegetables with Dip Assorted Fruit 3	*French Toast Sticks Sausage Links Tater Tots *Cheese Pizza Fresh Vegetables with Dip Assorted Fruit 4	*Raiders App Sampler* Chicken Tenders, Pretzel Rod Mozzarella Sticks *French Bread Pizza Steamed Green Beans Fresh Vegetables with Dip Assorted Fruit 5	*Stuffed Crust Pizza *Chicken Nuggets with Dinner Roll Romaine Salad Fresh Vegetables with Dip Assorted Fruit Apple Cider Donut 6
*Sweet & Sour Chicken over Steamed Rice *Cheeseburger on Bun Steamed Broccoli Fresh Vegetables with Dip Assorted Fruit Fresh Baked Cookie 9	*Pillsbury Cinnamon Roll Yogurt Cup & String Cheese *Chicken Tenders Hash Brown Patty Fresh Vegetables with Dip Assorted Fruit 10	*Chicken Tender Hoagie Smiley Fries *Meatball Sandwich Tossed Salad Fresh Vegetables with Dip Assorted Fruit 11	*Beef & Cheese Nachos with Lettuce & Diced Tomatoes *Cheese Pizza Fiesta Beans Steamed Corn Fresh Vegetables with Dip Assorted Fruit 12	*Cheeseburger or Bacon Cheeseburger on Bun *Hot Dog on Bun Tater Tots Baked Beans Fresh Vegetables with Dip Assorted Fruit 13
*Dutch Waffle with Sausage Links *Cheese Pizza Hash Brown Patty Fresh Vegetables with Dip Assorted Fruit 16	*Homemade Macaroni & Cheese with Dinner Roll *Hot Dog on Bun Steamed Baby Carrots Fresh Vegetables with Dip Assorted Fruit Animal Crackers 17	*Chicken Nuggets Dinner Roll *Stuffed Crust Pizza French Fries Steamed Green Beans Fresh Vegetables with Dip Assorted Fruit 18	**Holiday Meal** Roasted Turkey with Mashed Potatoes and Gravy Sweet Potatoes Steamed Sweet Corn Fresh Fruit Cup Blend Cranberry Sauce Fresh Baked Biscuit Pumpkin Cake with Icing 19	*Pepperoni or Cheese Pizza *Crispy Chicken Sandwich Smile Fries Spinach Salad Fresh Vegetables with Dip Assorted Fruit Mini Ice Cream Sandwich 20

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

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MON	TUE	WED	THU	FRI
				
***Hot Dog on Bun** ***Cheeseburger on Bun** **Smile Fries** **Steamed Mixed Vegetables** **Fresh Vegetables with Dip** **Assorted Fruit** 30	***Penne Pasta and Meatballs with Marinara Sauce** ***Crispy Chicken Sandwich** **Mozzarella Filled Breadstick** **Romaine Salad** **Fresh Vegetables with Dip** **Assorted Fruit** 1	***Bacon, Egg, and Cheese Breakfast Sandwich** **Tater Tots** ***Chicken Tenders** **Fresh Vegetables with Dip** **Assorted Fruit** 2	***Taco with Tortilla Chips** **Fiesta Beans** **Steamed Corn** **Shredded Lettuce & Diced Tomatoes** ***Cheese Pizza** **Fresh Vegetables with Dip** **Assorted Fruit** 3	***Pepperoni or Cheese Pizza** **Hot Dog on Roll** **Curly Fries** **Spinach Salad** **Fresh Vegetables with Dip** **Assorted Fruit** **Strawberry Cake** 4

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