Student Paid-$3.50
Student Reduced -Free
Adult Lunch- $5.50

NOVEMBER MIDDLE SCHOOL LUNCH MENU

SERVED DAILY

White Milk & 1% Chocolate Milk,
*Hamburger, *Cheeseburger,
*Spicy Chicken Bites,
*Crispy Chicken Sandwich,
*Assorted Salads,
*Fresh Deli Sandwiches,
*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 scan the QR code or 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 Seasoned Pasta Romaine Salad Fresh Vegetables with Dip Assorted Fruit 2	*General Tso Chicken over Steamed Rice Fortune Cookie Steamed Broccoli Fresh Vegetables with Dip Assorted Fruit 3	*Homemade Macaroni & Cheese with Dinner Roll Steamed Mixed Vegetables Fresh Vegetables with Dip Assorted Fruit Fresh Baked Cookie 4	*Chicken Tender Hoagie Curly Fries Tossed Salad Fresh Vegetables with Dip Assorted Fruit Mini Ice Cream Sandwich 5	*Pulled Pork on Kaiser Roll Baby Baker Potatoes Baked Beans Coleslaw Fresh Vegetables with Dip Assorted Fruit Apple Cider Donut 6
*Popcorn Chicken Raider Bowl Mashed Potatoes with Gravy Dinner Roll Steamed Corn Romaine Salad Fresh Vegetables with Dip Assorted Fruit 9	*Breakfast Egg Sandwich with Choice of Bacon or Sausage Tater Tots Fresh Vegetables with Dip Assorted Fruit 10	*Teriyaki Beef or Fajita Chicken Rice Bowl Steamed Broccoli Queso Sauce Fresh Vegetables with Dip Assorted Fruit 11	*Walking Tacos with Lettuce & Tomatoes Fiesta Beans Steamed Corn Fresh Vegetables with Dip Assorted Fruit Mini Ice Cream Sandwich 12	*Justino's Pizza Animal Crackers Roasted Vegetables Caesar Salad Fresh Vegetables with Dip Assorted Fruit 13
Burger Of The Month *Toasted Cheeseburger Smile Fries Baked Beans Steamed Mixed Vegetables Fresh Vegetables with Dip Assorted Fruit 16	*Tossed Boneless Chicken Wings BBQ or Hot Sauce Hush Puppies Fresh Vegetables with Dip Assorted Fruit 17	*Chicken Potstickers with General Tso Sauce Fried Rice Spinach Salad Fresh Vegetables with Dip Assorted Fruit 18	**Holiday Meal** Roasted Turkey with Mashed Potatoes and Gravy Steamed Sweet Corn Sweet Potatoes Fresh Fruit Cup Blend Cranberry Sauce Fresh Baked Biscuit Pumpkin Cake with Icing 19	*Mozzarella Sticks with Homemade Dipping Sauce Steamed Broccoli Seasoned Pasta Fresh Vegetables with Dip Assorted Fruit 20

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

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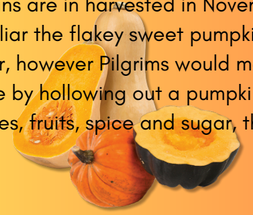
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MON	TUE	WED	THU	FRI
				
Pasta Bar Grilled Chicken or Meatballs Homemade Marinara or Alfredo Sauce Mozzarella Filled Breadstick Caesar Salad Fresh Vegetables with Dip Assorted Fruit 30	*Pork Carnitas Totchos with Queso Sauce Mini Corn on the Cob Coleslaw Fresh Vegetables with Dip Assorted Fruit 1	*Homemade Chicken Quesadilla Mexican Rice Fiesta Beans Fresh Vegetables with Dip Assorted Fruit 2	*Chicken Nuggets with Dinner Roll Ranch Mashed Potatoes Steamed Green Beans Fresh Vegetables with Dip Assorted Fruit Strawberry Cake 3	*Dutch Waffle Sausage Links Hash Brown Patty Fresh Vegetables with Dip Assorted Fruit Homemade Apple Crisp 4

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