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

DECEMBER HIGH SCHOOL LUNCH MENU

SERVED DAILY

White Milk & 1% Chocolate Milk,
*Assorted Pizza, *Hamburger,
*Cheeseburger, Crispy Chicken
Sandwich, *Fresh Deli Sandwich
*Entree Salads, *PBJ Sandwich,

HARVEST OF THE MONTH:

Cabbage is in the cruciferous vegetable family, and it is rich in vitamins, fiber, folate, and phytochemicals. These help boost the immune system and lower the risk of heart disease and some cancers. Cabbage also comes in a variety of colors like purple, which make for colorful cole slaw.



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
	*Homemade Macaroni & Cheese with Dinner Roll *White Pizza Steamed Baby Carrots Fresh Vegetables with Dip Assorted Fruit Mini Ice Cream Sandwich 1	*Pulled Pork on Roll Waffle Fries Baked Beans *Taco Pizza Fresh Vegetables with Dip Assorted Fruit 2	*Homemade Chicken Quesadilla Mexican Rice/Fiesta Beans Chicken Bacon Ranch Sandwich *Hot Honey Pepperoni Pizza Fresh Vegetables with Dip Assorted Fruit 3	*Chicken Nuggets with Cornbread French Fries *Hot Ham & Cheese on Pretzel Roll *Meat Lovers Pizza Fresh Vegetables with Dip Assorted Fruit 4
*Pizza Sticks with Homemade Dipping Sauce Seasoned Pasta Romaine Salad *Spicy Chicken Bites *BBQ Chicken Pizza Fresh Vegetables with Dip Assorted Fruit 7	***Burger Of The Month*** *Gizmo Burger- Burger topped with Warm Ham and Provolone French Fries Baked Beans *White Pizza Fresh Vegetables with Dip Assorted Fruit 8	*Popcorn Chicken Raider Bowl Dinner Roll Mashed Potatoes Steamed Corn *Hot Ham & Cheese Sandwich *Cheeseburger Pizza Fresh Vegetables with Dip Assorted Fruit 9	*Subs Made to Order* Ham, Turkey, Italian Combo, Provolone, American, and Cheddar Cheese *French Fry Pizza Baked Snack Bag Fresh Vegetables with Dip Assorted Fruit Fresh Baked Cookie 10	*Rotini with Meatballs and Homemade Marinara Sauce Garlic Knot *Chicken Bacon Ranch Sandwich Caesar Salad Fresh Vegetables with Dip Assorted Fruit 11
*Cream of Tomato Soup Texas Toast Grilled Cheese *Hot Ham & Cheese on Pretzel Roll *Meat Lovers Pizza Fresh Vegetables with Dip Assorted Fruit 14	*Meatball Parmesan Sandwich Onion Rings Steamed Green Beans *BBQ Chicken Pizza Fresh Vegetables with Dip Assorted Fruit 15	*Homemade Chicken Quesadilla Mexican Rice/Fiesta Beans *Hot Honey Pepperoni Pizza Fresh Vegetables with Dip Assorted Fruit 16	*Holiday Meal* *Glazed Baked Ham* *Homemade Potato Filling with Gravy/Cornbread* *Sweet Potatoes* *California Blend Vegetables* *Fresh Fruit Cup Medley* *Homemade Black Forest Brownie* 17	*Nachos Grande* Seasoned Beef or Chicken Tinga Cheese Sauce Fiesta Beans Fixins Bar *Meatlovers Pizza Fresh Vegetables with Dip Assorted Fruit 18

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

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

DECEMBER HIGH SCHOOL LUNCH MENU

SERVED DAILY

White Milk & 1% Chocolate Milk, *Assorted Pizza, *Hamburger, *Cheeseburger, Crispy Chicken Sandwich, *Fresh Deli Sandwich *Entree Salads, *PBJ Sandwich,

HARVEST OF THE MONTH:

Cabbage is in the cruciferous vegetable family, and it is rich in vitamins, fiber, folate, and phytochemicals. These help boost the immune system and lower the risk of heart disease and some cancers. Cabbage also comes in a variety of colors like purple, which make for colorful cole slaw.



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

MON	TUE	WED	THU	FRI
Select one ***lunch entrée**, milk, and up to two fruits and two veggies for a complete meal!				
*Chicken Tender Hoagie Smiley Fries *Chicken Fajita Pizza Tossed Salad Fresh Vegetables with Dip Assorted Fruit 21	*Mozzarella Sticks with Homemade Dipping Sauce Steamed Baby Carrots Seasoned Pasta *Spicy Chicken Bites *Fajita Chicken Pizza Fresh Vegetables with Dip Assorted Fruit 22	*Early Dismissal* *No Lunch* 23		
				
*General Tso Chicken over Rice Steamed Broccoli Fortune Cookie *Spicy Chicken Bites *Hawaiian Pizza Fresh Vegetables with Dip Assorted Fruit 4	*Homemade Macaroni & Cheese with Dinner Roll *Chicken Fajita Pizza Steamed Baby Carrots Fresh Vegetables with Dip Assorted Fruit 5	*Pulled Pork on Roll Waffle Fries Baked Beans *Taco Pizza Fresh Vegetables with Dip Assorted Fruit 6	*Homemade Chicken Quesadilla Mexican Rice/Fiesta Beans *Pulled Pork on Roll *Hot Honey Pepperoni Pizza Fresh Vegetables with Dip Assorted Fruit 7	*Chicken Nuggets with Cornbread French Fries *Hot Ham & Cheese on Pretzel Roll *Meat Lovers Pizza Fresh Vegetables with Dip Assorted Fruit 8

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