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

DECEMBER
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:

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!				
	*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 3	*Dutch Waffle Sausage Links Hash Brown Patty Fresh Vegetables with Dip Assorted Fruit Homemade Apple Crisp 4
*Pizza Sticks with Homemade Dipping Sauce Seasoned Pasta Romaine Salad Fresh Vegetables with Dip Assorted Fruit 7	*Sweet & Sour Chicken over Steamed Rice Fortune Cookie Steamed Broccoli Fresh Vegetables with Dip Assorted Fruit 8	*Homemade Macaroni & Cheese with Dinner Roll Steamed Mixed Vegetables Fresh Vegetables with Dip Assorted Fruit Fresh Baked Cookie 9	*Subs Made to Order* Ham, Turkey, Italian Combo, Provolone, American Fixins Bar Baked Snack Bag Fresh Vegetables with Dip Assorted Fruit 10	*Pulled Pork on Kaiser Roll Baby Baker Potatoes Baked Beans Coleslaw Fresh Vegetables with Dip Assorted Fruit 11
*Popcorn Chicken Raider Bowl Mashed Potatoes with Gravy Dinner Roll Steamed Corn Romaine Salad Fresh Vegetables with Dip Assorted Fruit 14	*Chicken Tender Hoagie Curly Fries Tossed Salad Fresh Vegetables with Dip Assorted Fruit 15	*Meatball Parmesan Sandwich Onion Rings Steamed Green Beans 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 Fresh Vegetables with Dip Assorted Fruit 18

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Menus are subject to change.

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Burger Of The Month *Gizmo Burger- Burger topped with Warm Ham and Provolone Smile Fries Baked Beans Fresh Vegetables with Dip Assorted Fruit 21	*Tossed Boneless Chicken Wings BBQ or Hot Sauce Hush Puppies Fresh Vegetables with Dip Assorted Fruit 22	*Early Dismissal* *No Lunch* 23		
				
Pasta Bar Grilled Chicken or Meatballs Homemade Marinara or Alfredo Sauce Mozzarella Filled Breadstick Caesar Salad Fresh Vegetables with Dip Assorted Fruit 4	*Pork Carnitas Totchos with Queso Sauce Mini Corn on the Cob Coleslaw Fresh Vegetables with Dip Assorted Fruit 5	*Homemade Chicken Quesadilla Mexican Rice Fiesta Beans Fresh Vegetables with Dip Assorted Fruit 6	*Chicken Nuggets with Dinner Roll Ranch Mashed Potatoes Steamed Green Beans Fresh Vegetables with Dip Assorted Fruit 7	*French Toast Sticks Sausage Links Hash Brown Patty Fresh Vegetables with Dip Assorted Fruit 8

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