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

DECEMBER 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:

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
	*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 4
*Sweet & Sour Chicken over Steamed Rice Steamed Broccoli *Cheeseburger on Bun Fresh Vegetables with Dip Assorted Fruit Fresh Baked Cookie 7	*Pillsbury Cinnamon Roll Yogurt Cup & String Cheese Hash Brown Patty *Chicken Tenders Fresh Vegetables with Dip Assorted Fruit 8	*Pizza Crunchers with Seasoned Pasta *Hot Dog on Roll Tossed Salad Fresh Vegetables with Dip Assorted Fruit 9	*Chicken Tender Hoagie Smiley Fries *Meatball Sandwich Tossed Salad Fresh Vegetables with Dip Assorted Fruit 10	*Cheeseburger or Bacon Cheeseburger on Bun *Hot Dog on Bun Tater Tots Baked Beans Fresh Vegetables with Dip Assorted Fruit 11
*Dutch Waffle with Sausage Links Tater Tots *Cheese Pizza Fresh Vegetables with Dip Assorted Fruit 14	*Homemade Macaroni & Cheese with Dinner Roll Steamed Baby Carrots *Hot Dog on Bun Fresh Vegetables with Dip Assorted Fruit Animal Crackers 15	*Deep Dish Pizza *Cheeseburger on Bun Baked Snack Bag Steamed Peas 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	*Pepperoni or Cheese Pizza *Crispy Chicken Sandwich Smile Fries Spinach Salad Fresh Vegetables with Dip Assorted Fruit Mini Ice Cream Sandwich 18

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Menus are subject to change.

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*Chicken Tenders with Dinner Roll French Fries *Cheese Pizza Spinach Salad Fresh Vegetables with Dip Assorted Fruit 21	*Mozzarella Sticks with Homemade Dipping Sauce Garlic Knot Romaine Salad Cheeseburger on Bun Steamed Carrots Fresh Vegetables with Dip Assorted Fruit 22	*Early Dismissal* *No Lunch* 23		
				
*Popcorn Chicken Mashed Potatoes with Gravy Steamed Corn Dinner Roll *Cheeseburger on Bun Fresh Vegetables with Dip Assorted Fruit 4	*Chicken Nuggets French Fries Dinner Roll Steamed Green Beans *Stuffed Crust Pizza Fresh Vegetables with Dip Assorted Fruit 5	*Hot Dog on Bun *Cheeseburger on Bun Smile Fries Steamed Mixed Vegetables Fresh Vegetables with Dip Assorted Fruit 6	*Beef & Cheese Nachos with Lettuce & Diced Tomatoes Fiesta Beans Steamed Corn *Cheese Pizza Fresh Vegetables with Dip Assorted Fruit 7	*Stuffed Crust Pizza *Chicken Nuggets with Dinner Roll Romaine Salad Fresh Vegetables with Dip Assorted Fruit 8

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