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

DECEMBER ELEMENTARY LUNCH MENU

SERVED DAILY

White Milk & 1% Chocolate Milk
*Yogurt Meal with String Cheese,
*Assorted Salads
*Fresh Deli 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 & Meatballs with Marinara Sauce Mozzarella Filled Breadstick *Ham & Cheese Sandwich Romaine Salad Fresh Vegetables with Dip Assorted Fruit 1	*Bacon, Egg & Cheese Breakfast Sandwich Tater Tots *Ham & Cheese Sandwich Fresh Vegetables with Dip Assorted Fruit 2	*Taco with Tortilla Chips Fiesta Beans Steamed Corn Shredded Lettuce & Diced Tomatoes *Ham and Cheese Sandwich Fresh Vegetables with Dip Assorted Fruit 3	*Big Daddy's Pepperoni or Cheese Pizza Curly Fries Romaine Salad *Ham & Cheese Sandwich Fresh Vegetables with Dip Assorted Fruit 4
*Sweet & Sour Chicken over Steamed Rice Steamed Broccoli *Turkey & Cheese Sandwich Fresh Vegetables with Dip Assorted Fruit 7	*Pillsbury Cinnamon Roll with Yogurt & String Cheese Hash Brown Patty *Turkey & Cheese Sandwich Fresh Vegetables with Dip Assorted Fruit 8	*Pizza Crunchers with Homemade Dipping Sauce *Turkey & Cheese Sandwich Seasoned Pasta Fresh Vegetables with Dip Assorted Fruit 9	*Chicken Tender Hoagie Smiley Fries *Turkey & Cheese Sandwich Tossed Salad Fresh Vegetables with Dip Assorted Fruit Fresh Baked Cookie 10	*Cheeseburger or Bacon Cheeseburger on Bun *Turkey & Cheese Sandwich Curly Fries Baked Beans Fresh Vegetables with Dip Assorted Fruit 11
*Chicken Nuggets with Dinner Roll *Ham & Cheese Sandwich French Fries Steamed Green Beans Fresh Vegetables with Dip Assorted Fruit 14	*Homemade Macaroni & Cheese with Dinner Roll *Ham & Cheese Sandwich Steamed Baby Carrots Spinach Salad Fresh Vegetables with Dip Assorted Fruit 15	*Crispy Chicken Sandwich Baked Snack Bag *Ham & Cheese Sandwich 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 Romaine Salad *Ham & Cheese Sandwich Fresh Vegetables with Dip Assorted Fruit 18

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

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MON	TUE	WED	THU	FRI
Select one ***lunch entrée**, milk, and up to two fruits and two veggies for a complete meal!				
*Mozzarella Sticks with Homemade Dipping Sauce Garlic Knot *Turkey & Cheese Sandwich Tossed Salad Fresh Vegetables with Dip Assorted Fruit 21	*Chicken Tenders with Dinner Roll French Fries *Turkey & Cheese Sandwich Tossed Salad Fresh Vegetables with Dip Assorted Fruit 22	*Early Dismissal* *No Lunch* 23		
				
*Hot Dog on Bun *Turkey & Cheese Sandwich Smile Fries Steamed Mixed Vegetables Fresh Vegetables with Dip Assorted Fruit 4	*Penne Pasta & Meatballs with Marinara Sauce Garlic Knot *Turkey & Cheese Sandwich Romaine Salad Fresh Vegetables with Dip Assorted Fruit 5	*Bacon, Egg & Cheese Breakfast Sandwich Tater Tots *Turkey & Cheese Sandwich Fresh Vegetables with Dip Assorted Fruit Homemade Apple Crisp 6	*Beef & Cheese Nachos with Lettuce & Tomato *Turkey & Cheese Sandwich Steamed Corn Fiesta Beans Fresh Vegetables with Dip Assorted Fruit 7	*Big Daddy's Pepperoni or Cheese Pizza Curly Fries Romaine Salad *Turkey & Cheese Sandwich Fresh Vegetables with Dip Assorted Fruit 8

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