## What's on the Menu?



LUNCH IS AVAILABLE AT NO CHARGE FOR ALL STUDENTS

**Monday Friday Tuesday** Wednesday **Thursday** 

**Labor Day** 

6

**Chicken Nuggets** w/Breadstick

Curly Fries Romaine Salad **Diced Pears** 

Ham & Cheese Sandwich

**Baby Carrots** Sliced Cucumbers Sweet Peaches

**National Pepperoni** Pizza Day

Golden Corn Romaine & Spinach Salad Fresh Watermelon Chunks

10 Lasagna Roll-Up w/Garlic Breadstick

Fresh Green Beans **Baby Carrots** Rosy Applesauce

13 **Chicken Drumstick** w/Cinnamon Breadstick

> **Baked Beans** Sliced Cucumbers Fresh Orange

**French Toast Sticks** w/ Scrambled Eggs

**Baked Tots Baby Carrots** Sweet Peaches

15 **Yogurt Fun Lunch** 

Caesar Salad Fresh Broccoli Salad Fresh Banana

16 **Popcorn Chicken** 

W/Dinner Roll Seasoned Green Beans **Baby Carrots** Cinnamon Applesauce

17

Hot Dog on a Bun **Baked Fries** 

Romaine & Spinach Salad Watermelon

Treat w/Lunch- Chat **Graham Crackers** 

Bosco Sticks w/Sauce Spinach & Cranberry Salad **Cucumber Slices** Apple

**Meat & Cheese Nachos** 

Refried Beans **Baby Carrots Roasted Cinnamon Pineapple Chunks** 

22 Homemade Macaroni & Cheese

Mini Soft Pretzel Steamed Broccoli Romaine & Spinach Salad **Diced Pears** 

**Chicken Tenders** 

w/Dinner Roll **Curly Fries** Power Peas Fresh Grapes

Treat w/Lunch

24 **Grilled Cheese** 

Tomato Soup Fresh Broccoli **Applesauce** 

French Bread Pizza Roasted Carrot Fries **Cucumber Slices** Orange Wedges



28

**Walking Tacos** Golden Corn **Baby Carrots** 

**Chilled Pears Cucumber Apple Salad**  Mini Maple Pancakes w/ Turkey Sausage

Hash Brown Romaine & Spinach Salad Sweet Peaches

30

**Popcorn Chicken** w/Dinner Roll

Mashed Potatoes w/Gravy Baby Carrots Fresh Strawberries Oct 1

Cheeseburger Baked Beans

Romaine & Spinach Salad Fresh Apple

Lucky Lunch Day

Vegetarian



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Based on the current supply chain challenges menus are subject to change

**Questions or Comments?** jhumphrey@ecsd.us

Lunch: A full student lunch includes an entree supplying grain and/or protein, two (2) side dishes and choice of milk. Milk choices include 1% white and 1% chocolate.