

# Elmira High School Lunch Menu September 2017

Breakfast, what a way to start your day!

Mon: Biscuits & Gravy Tues: Cinnamon Bun Wed: Biscuits & Gravy Thurs: Pancake on a Stick Fri: Biscuits & Gravy  
 All breakfast entrees includes: choice of fruit or juice and milk. Students:\$1.55 Reduced: No Charge Adults: \$2.25



**Cold Sandwiches Made Fresh Your Way**

Available Daily  
 Whole Grain Sliced Bread, Hoagie Roll, Flat Bread, Flour Tortilla Turkey, Ham, Assorted Cheeses, Romaine Lettuce, Tomato, Onions, Green Peppers, and Cucumber slices (Includes vegetables choices, fruit & milk)

**Monday**  
 Baby Carrots  
 Chilled Mixed Fruit  
 Fresh Fruit

**Tuesday**  
 Dark Green Salad  
 Chilled Peaches  
 Fresh Fruit

**Wednesday**  
 Baby Carrots  
 Celery Sticks  
 Chilled Mixed Fruit  
 Fresh Fruit

**Thursday**  
 Dark Green Salad  
 Chilled Applesauce  
 Fresh Fruit

**Friday**  
 Baby Carrots  
 Chilled Pears  
 Fresh Fruit

**Condiments & Salad Dressings**

Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8
<b>NO SCHOOL</b>	<b>All School BBQ Choice of BBQ Chicken, Cheeseburger or Hot Dog</b>	<b>Beef Soft Taco</b>	<b>Spaghetti w/ Meat Sauce &amp; Roll</b>	<b>Crispy Fish Sandwich w/Cheese</b>
	Carrot Sticks Watermelon Chips Cookie Punch or Milk	Steamed Golden Corn Fruit & Veggies Milk	Savory Green Beans Fruit & Veggies Milk	Baked Beans Fruit & Veggies Milk
11	12	13	14	15
<b>BBQ Pork Rib Sandwich</b>	<b>Popcorn Chicken Bowl w/Roll</b>	<b>Chicken Fajita</b>	<b>Sausage &amp; French Toast</b>	<b>Beef Stroganoff w/ Pasta &amp; Roll</b>
Baked Beans Fruit & Veggies Milk	Golden Corn Fruit & Veggies Milk	Seasoned Broccoli Fruit & Veggies Milk	Tater Tots Fruit & Veggies Milk	Savory Green Beans Fruit & Veggies Milk
18	19	20	21	22
<b>Chicken Nuggets w/Roll</b>	<b>Salisbury Steak w/Roll</b>	<b>Sloppy Joe on Bun</b>	<b>Sweet &amp; Sour Chicken w/ Rice &amp; Roll</b>	<b>Sausage Flat Bread</b>
Seasoned Broccoli Fruit & Veggies Milk	Whipped Potatoes Fruit & Veggies Milk	Baked Beans Fruit & Veggies Milk	Savory Green Beans Fruit & Veggies Milk	Steamed Golden Corn Fruit & Veggies Milk
25	26	27	28	29
<b>Meatball Sub</b>	<b>Crispy Chicken Sandwich</b>	<b>Macaroni &amp; Cheese w/Roll</b>	<b>Beef Macho Nachos</b>	<b>Orange Chicken w/Rice &amp; Roll</b>
Baked Beans Fruit & Veggies Milk	Seasoned Broccoli Fruit & Veggies Milk	Savory Green Beans Fruit & Veggies Milk	Mexican Refried Beans Fruit & Veggies Milk	Seasoned Peas Fruit & Veggies Milk



**1% White Milk and Non-fat Chocolate Milk Choices Available Daily for Lunch \$.50**

Lunch Prices Paid: \$3.05

Adult: \$3.65

This Institution is an Equal Opportunity Provider



All pizzas made with reduced fat cheese and whole grain crust.

Daily Choice: **Cheese Pizza**

**Daily Specials:**

Monday **Pepperoni Pizza**

Tuesday: **Pizza Dunkers**

Wednesday: **Pepperoni Pizza**

Thursday **Pizza Dunkers**

Friday: **Pepperoni Pizza**

(Includes hot vegetable, fruit & veggies and milk)



All items served on whole grain buns/rolls, using lean beef and only oven baked.

Chicken Burger available M-W-F

Cheeseburger available Daily

Corn Dog available Tues-Thur

Burrito available Tues-Thur

(Includes hot vegetable, fruit & veggies and milk)



Fresh Salads Fast- Packaged for Grab N' Go

**Daily Specials:**

Mondays: Ham & Cheddar Chef Salad w/Roll

Tuesdays: Taco Salad w/ Salsa w/Chips

Wednesdays: Mandarin Chicken Salad w/Roll

Thursdays: Chicken Salad w/Roll

Fridays: Chicken Caesar Salad w/Roll

(Includes hot vegetable, fruit & veggies and milk)

## On the Go

**Peach Parfait w/Granola**

Any questions please contact:

**Violet Lambert Or**

**Renee Ota at**

**(541) 935-8200**