

Elmira High School Lunch Menu November 2017

Breakfast, what a way to start your day!

Mon: Biscuits & Gravy Tues: Cinnamon Bun Wed: Biscuits & Gravy Thurs: Breakfast Burrito Fri: Biscuits & Gravy
 All breakfast entrees includes: choice of fruit or juice and milk. Students: \$1.55 Reduced: No Charge Adults: \$2.45



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 Peaches
Fresh Fruit

Tuesday
Dark Green Salad
Chilled Peaches
Fresh Fruit

Wednesday
Baby Carrots
Chilled Mixed Fruit
Fresh Fruit

Thursday
Dark Green Salad
Chilled Peaches
Fresh Fruit

Friday
Baby Carrots
Chilled Peaches
Fresh Fruit

Condiments & Salad Dressings

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
			Sloppy Joe on Bun Baked Beans Fruit & Veggies Milk	Sausage & Waffle Tater Tots Fruit & Veggies Milk	No School Teacher Work Day
	6	7	8	9	10
	Chili Fritos w/Cheese Seasoned Broccoli Fruit & Veggies Milk	Crispy Chicken Sandwich Golden Corn Fruit & Veggies Milk	BBQ Pork Rib Sandwich Baked Beans Fruit & Veggies Milk	Spaghetti w/Meat Sauce & Roll Savory Green Beans Fruit & Veggies Milk	No School Veteran's Day 
	13	14	15	16	17
	Chicken Nuggets w/Roll Baked Beans Fruit & Veggies Milk	Chicken & Cheese Quesadilla Steamed Peas Fruit & Veggies Milk	Salisbury Steak w/Roll Whipped Potatoes Fruit & Veggies Milk	Sweet & Sour Chicken w/ Rice & Roll Savory Green Beans Fruit & Veggies Milk	Sausage Flat Bread Seasoned Broccoli Fruit & Veggies Milk
	20	21	22	23	24
	Meatball Sub Baked Beans Fruit & Veggies Milk	Popcorn Chicken Bowl / Roll Seasoned Corn Fruit & Veggies Milk	Thanksgiving Break		Thanksgiving Break
	27	28	29	30	
	Chicken Nuggets w/Roll Seasoned Broccoli Fruit & Veggies Milk	Burrito Supreme Steamed Golden Corn Fruit & Veggies Milk	Macaroni & Cheese w/Roll Savory Green Beans Fruit & Veggies Milk	Beef Macho Nachos Mexican Refried Beans 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

You may qualify for free or reduced price meals.

Applications are available at all schools.

For questions regarding the food service program

you can call the food service office at

(541) 935-8218 Ext. 2