

# Elmira High School Lunch Menu April 2018

Breakfast, what a way to start your day!

Mon: Biscuits & Gravy Tues: Cinnamon Bun Wed: Biscuits & Gravy Thurs: Blueberry Muffin 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
	2	3	4	5	6
	<b>Chicken Nuggets w/Roll</b> Seasoned Broccoli Fruit & Veggies Milk	<b>Burrito Supreme</b> Seasoned Corn Fruit & Veggies Milk	<b>Crispy Fish Sticks w/Roll</b> Vegetarian Baked Beans Fruit & Veggies Milk	<b>Spaghetti w/ Meat Sauce &amp; Roll</b> Savory Green Beans Fruit & Veggies Milk	<b>No School Teacher Workday</b>
	9	10	11	12	13
	<b>Chili Fritos w/Cheese</b> Potato Wedges Fruit & Veggies Milk	<b>Popcorn Chicken Bowl w/Roll</b> Golden Corn Fruit & Veggies Milk	<b>Chicken Fajita</b> Vegetarian Baked Beans Fruit & Veggies Milk	<b>Sausage &amp; Waffle</b> Tater Tots Fruit & Veggies Milk	<b>Sweet &amp; Sour Chicken w/Rice &amp; Roll</b> Seasoned Broccoli Fruit & Veggies Milk
	16	17	18	19	20
	<b>Roasted BBQ Chicken w/Roll</b> Vegetarian Baked Beans Fruit & Veggies Milk	<b>Beef Soft Taco</b> Savory Green Beans Fruit & Veggies Milk	<b>Salisbury Steak w/Roll</b> Whipped Potatoes Fruit & Veggies Milk	<b>Crispy Chicken Sandwich</b> Steamed Peas Fruit & Veggies Milk	<b>No School Teacher Workday</b>  <b>Earth Day April 22</b> Enjoy your day biking or planting a tree or flower.
	23	24	25	26	27
	<b>Chicken Nuggets w/Roll</b> Savory Green Beans Fruit & Veggies Milk	<b>BBQ Shredded Pork Sandwich</b> Potato Wedges Fruit & Veggies Milk	<b>Crispy Fish Sticks w/Roll</b> Seasoned Broccoli Fruit & Veggies Milk	<b>Beef Macho Nacho</b> Mexican Refried Beans Fruit & Veggies Milk	<b>Sausage Flat Bread Pizza</b> Vegetarian Baked Beans Fruit & Veggies Milk
	30	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			<b>Earth Day April 22</b> Enjoy your day riding a bike or planting a flower or tree.  

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: Ham & Cheddar Chef Salad w/Roll*  
*Fridays: Chicken Caesar Salad w/Roll*

(Includes hot vegetable, fruit & veggies and milk)

## On the Go

**Strawberry Parfait w/Granola**

*Any questions please contact:*  
**Violet Lambert Or**  
**Renee Ota at**  
**(541) 935-8218**