

# Elmira High School Lunch Menu June 2018



**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**

*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

Monday	Tuesday	Wednesday	Thursday	Friday
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				<b>Sweet &amp; Sour Chicken w/Rice &amp; Roll</b> Steamed Peas Fruit & Veggies Milk
4	5	6	7	8
<b>Chicken Nuggets w/Roll</b> Potato Wedges Fruit & Veggies Milk	<b>Popcorn Chicken Bowl w/Roll</b> Golden Corn Fruit & Veggies Milk	<b>Sloppy Joe on Bun</b> Vegetarian Baked Beans Fruit & Veggies Milk	<b>Sausage &amp; Waffle</b> Tater Tots Fruit & Veggies Milk	<b>Chicken Fajita</b> Seasoned Broccoli Fruit & Veggies Milk
11	12	13	14	
<b>Crispy Chicken Sandwich</b> Vegetarian Baked Beans Fruit & Veggies Milk	<b>Beef Soft Taco</b> Savory Green Beans Fruit & Veggies Milk	<b>BBQ Shredded Pork Sandwich</b> Potato Wedges Fruit & Veggies Milk	<b>All School BBQ</b> BBQ Chicken w/Roll or Cheeseburger or Hot Dog Carrot & Celery Sticks Watermelon Chips Cookies Punch or Milk	



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**

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