

Elmira High School Lunch Menu October 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 Fruit
Fresh Fruit

Tuesday

Baby Carrots
Chilled Fruit
Fresh Fruit

Wednesday

Baby Carrots
Chilled Fruit
Fresh Fruit

Thursday

Dark Green Salad
Chilled Fruit
Fresh Fruit

Friday

Baby Carrots
Chilled Fruit
Fresh Fruit

Condiments & Salad Dressings

Breakfast, what a way to start your day!

Mon: Biscuits & Gravy Tues: Cinnamon Bun Wed: Biscuits & Gravy Thurs: 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
1	2	3	4	5	
Salisbury Steak w/Roll Whipped Potatoes Fruit & Veggies Milk	Roasted BBQ Chicken w/Roll Vegetarian Baked Beans Fruit & Veggies Milk	Beef Soft Taco Seasoned Corn Fruit & Veggies Milk	Spaghetti w/ Meat Sauce & Roll Savory Green Beans Fruit & Veggies Milk	Sweet & Sour Chicken w/Brown Rice & Roll Seasoned Broccoli Fruit & Veggies Milk	
8	9	10	11	12	
Beef & Bean Chili w/Fritos & Roll Oven Baked Potato Wedges Fruit & Veggies Milk	Popcorn Chicken Bowl w/Roll Golden Corn Fruit & Veggies Milk	Chicken Fajita Vegetarian Baked Beans Fruit & Veggies Milk	No School Parent – Teacher Conferences	No School Teacher In-service	
15	16	17	18	19	
Roasted BBQ Chicken w/Roll Vegetarian Baked Beans Fruit & Veggies Milk	Beef Soft Taco Seasoned Corn Fruit & Veggies Milk	Salisbury Steak w/Roll Whipped Potatoes Fruit & Veggies Milk	Crispy Chicken Patty Sandwich Tater Tots Fruit & Veggies Milk	Sausage Flat Bread Seasoned Broccoli Fruit & Veggies Milk	
22	23	24	25	26	
Chicken Nuggets Savory Green Beans Fruit & Veggies Milk	BBQ Shredded Pork on a Bun Vegetarian Baked Beans Fruit & Veggies Milk	Italian Meatball Sub Oven Baked Potato Wedges Fruit & Veggies Milk	Beef Macho Nachos Mexican Refried Beans Fruit & Veggies Milk	Chicken Parmesan w/Spaghetti Seasoned Broccoli Fruit & Veggies Milk	
29	30	31	MENU SUBJECT TO CHANGE		
Salisbury Steak w/Roll Whipped Potatoes Fruit & Veggies Milk	Roasted BBQ Chicken w/Roll Vegetarian Baked Beans Fruit & Veggies Milk	Beef Soft Taco Seasoned Corn Fruit & Veggies Milk			

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

Lunch Prices Paid: \$3.15

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
Fruit Parfait w/Granola

You may qualify for free and reduced 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