

Elmira High School Lunch Menu February 2019

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 include: 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, Cheesy Bread 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
 Dark Green Salad
 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

	Monday	Tuesday	Wednesday	Thursday	Friday
					1
Pay for meals online at www.myschoolbucks.com					Chicken Parmesan w/Spaghetti Seasoned Broccoli Fruit & Veggies Milk
			4	5	6
	Sloppy Joe a Bun Seasoned Corn Fruit & Veggies Milk	BBQ Riblet Sandwich Pinto Beans Fruit & Veggies Milk	Soft Beef Taco Seasoned Corn Fruit & Veggies Milk	Spaghetti w/Meat Sauce & Roll Savory Green Beans Fruit & Veggies Milk	Sweet & Sour Chicken w/Roll Brown Rice Seasoned Broccoli Fruit & Veggies Milk
	11	12	13	14	18
	Chicken Pasta Alfredo w/Roll Savory Green Beans Fruit & Veggies Milk	Seasoned Beef Taco Seasoned Corn Fruit & Veggies Milk	Savory Salisbury Steak w/Roll Mashed Potatoes Fruit & Veggies Milk	Waffle & Sausages Tater Tots Fruit & Veggies Milk	Sausage Flatbread Seasoned Broccoli Fruit & Veggies Milk
	18	19	20	21	22
	No School 	BBQ Shredded Pork on a Bun Pinto Beans Fruit & Veggies Milk	Italian Meatball Sub Oven Baked Potato Wedges Fruit & Veggies Milk	Beef Macho Nachos Mexican Style Refried Beans Fruit & Veggies Milk	Sweet & Sour Chicken w/Roll Brown Rice Seasoned Broccoli Fruit & Veggies Milk
	25	26	27	28	
	BBQ Riblet Sandwich Oven Baked Potato Wedges Fruit & Veggies Milk	Mashed Potato & Chicken Bowl Seasoned Corn Fruit & Veggies Milk	Chicken Fajita Pinto Beans Fruit & Veggies Milk	Crispy Chicken Patty Sandwich Tater Tots 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

Please be aware that in order to get an extra entrée or second meal you will need to have money on your account to pay for it. You will not be able to charge extra entrees or second meals.



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

Daily Choice: **Cheese Pizza**

Daily Specials:

Monday: **Pepperoni** or **Pepperoni & Jalapeno**
 Tuesday: **Supreme Pizza**
 Wednesday: **Pepperoni** or **Pepperoni & Jalapeno**
 Thursday: **Hawaiian Pizza**
 Friday: **Pepperoni** or **Pepperoni & Jalapeno**
 (Includes hot vegetable, fruit & veggies and milk)



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

Regular and Spicy Chicken Burger available Daily
Cheeseburger available Daily
Corn Dog 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

You may qualify to receive 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

Menu Subject to Change