

Elmira High School Lunch Menu March 2019



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1				
Pay for meals online at www.myschoolbucks.com				
MY SCHOOL BUCKS				
4	5	6	7	8
Sloppy Joe a Bun Pinto Beans Fruit & Veggies Milk	Soft Beef Taco Refried Beans Fruit & Veggies Milk	Mashed Potato & Chicken Bowl w/Roll Seasoned Corn Fruit & Veggies Milk	Savory Salisbury Steak w/Roll Mashed Potatoes Fruit & Veggies Milk	Sweet & Sour Chicken w/Roll Brown Rice Seasoned Broccoli Fruit & Veggies Milk
11	12	13	14	15
BBQ Riblet Sandwich Oven Baked Potato Wedges Fruit & Veggies Milk	Chicken & Cheese Quesadilla Pinto Beans Fruit & Veggies Milk	Teriyaki Chicken w/Rice & Roll Seasoned Broccoli Fruit & Veggies Milk	Waffle & Sausages Tater Tots Fruit & Veggies Milk	Lasagna Style Pasta Bake w/Roll Seasoned Peas Fruit & Veggies Milk
18	19	20	21	22
Chicken Pasta Alfredo w/Roll Seasoned Peas Fruit & Veggies Milk	Chicken Burrito Supreme Pinto Beans Fruit & Veggies Milk	Roast Turkey w/Gravy & Roll Mashed Potatoes Fruit & Veggies Milk	Crispy Chicken Patty Sandwich Tater Tots Fruit & Veggies Milk	Sausage Flatbread Pizza Seasoned Broccoli Fruit & Veggies Milk
25	26	27	28	29

Spring Break

1% White Milk and Non-fat Chocolate Milk Choices Available Daily for Lunch \$0.50

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