

Elmira High School Lunch Menu June 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 includes: choice of fruit or juice and milk. Students: \$1.55 Reduced: No Charge Adults: \$2.45

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Shredded Pork Sandwich Potato Wedges Fruit & Veggies Milk	4 Chicken Soft Taco Seasoned Corn Fruit & Veggies Milk	5 Teriyaki Chicken w/Rice & Roll Steamed Broccoli Fruit & Veggies Milk	6 Sloppy Joe on Bun Tater Tots Fruit & Veggies Milk	7 Sausage Flat Bread Pinto Beans Fruit & Veggies Milk
10 BBQ Pork Rib Sandwich Seasoned Peas Fruit & Veggies Milk	11 Fish Soft Taco Seasoned Corn Fruit & Veggies Milk	12 Sausages & Waffle Tater Tots Fruit & Veggies Milk	13 Salisbury Steak Mashed Potatoes Fruit & Veggies Milk	14 Mushroom Swiss Burger Seasoned Broccoli Fruit & Veggies Milk
17 Chicken Nuggets w/Roll Seasoned Peas Fruit & Veggies Milk	18 All School BBQ BBQ Chicken w/Roll or Cheeseburger or Hot Dog Carrot & Celery Sticks Watermelon Chips Cookies Punch or 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
Menu Subject to Change



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

Daily Choice: **Cheese Pizza**

Daily Specials:

Monday: **Pepperoni** or Pepperoni & Jalapeno
Tuesday: **Supreme**
Wednesday: **Pepperoni** or Pepperoni & Jalapeno
Thursday: **Hawaiian**
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 & Spicy Chicken Burger available Daily
Cheeseburger available Daily
Corn Dog & 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)

You may qualify to receive free or reduced price meals. Applications are available at all schools. For questions regarding the food service program you call the food service office at (541)935-8218 Ext. 2