

ELMIRA HIGH SCHOOL LUNCH MENU

October 2019



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
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!

Daily Specials **Mon:** Biscuits & Gravy **Tues:** Cinnamon Bun **Wed:** Biscuits & Gravy **Thurs:** Blueberry Muffin **Fri:** Biscuits & Gravy **Offered Daily:** Ham, Egg & Cheese on English Muffin, Bagel & Cream Cheese or Cereal & Graham Crackers
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
MENU SUBJECT TO CHANGE	Soft Beef Whole Grain Taco Seasoned Pinto Bean Fruit & Veggies Milk	Sweet & Sour Chicken Seasoned Corn Fruit & Veggies Milk	Lasagna Style Pasta Bake w/Roll Savory Green Beans Fruit & Veggies Milk	Carnitas Pork Nachos w/Black Beans Seasoned Broccoli Fruit & Veggies Milk
7	8	9	10	11
Teriyaki Glazed Beef w/Brown Rice Savory Green Beans Fruit & Veggies Milk	Mashed Potato & Chicken Bowl w/Roll Golden Corn Fruit & Veggies Milk	Chicken & Cheese Quesadilla Baked Beans Fruit & Veggies Milk	No School Parent – Teacher Conferences	No School Teacher In-service
14	15	16	17	18
Chicken Fried Rice Savory Green Bean Fruit & Veggies Milk	Chicken Soft Taco Seasoned Pinto Beans Fruit & Veggies Milk	Dutch Chicken Pot Pie w/Whole Grain Biscuit Seasoned Corn Fruit & Veggies Milk	Waffles w/Sausage Patties Tater Tots Fruit & Veggies Milk	Sausage Flat Bread Seasoned Broccoli Fruit & Veggies Milk
21	22	23	24	25
Shepherd's Pie w/Roll Savory Green Beans Fruit & Veggies Milk	Beef Nachos Mexican Style Refried Beans Fruit & Veggies Milk	Italian Meatball Sub Baked Crinkle Fries Fruit & Veggies Milk	BBQ Chicken Flat Bread Seasoned Peas Fruit & Veggies Milk	Korean Chicken Bulgogi w/Brown Rice & Roll Seasoned Broccoli Fruit & Veggies Milk
28	29	30	31	
Chicken Pasta Alfredo w/Roll Savory Green Beans Fruit & Veggies Milk	BBQ Pulled Pork Sandwich Confetti Coleslaw Fruit & Veggies Milk	Cheesy Baked Pasta w/Roll Seasoned Peas Fruit & Veggies Milk	The Perfect Sloppy Joe Baked Beans Fruit & Veggies Milk	

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

Lunch Prices Paid: \$3.25 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: **Supreme Pizza**

Wednesday: **Pepperoni Pizza**

Thursday: **Hawaiian Pizza**

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.

Spicy or Regular 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: **Beef Taco Salad w/Chips**

Wednesdays: **Chicken Caesar 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 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