

# Elmira High School Lunch Menu March 2020



**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 \$2.60

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Butternut Squash Mac &amp; Cheese w/Bacon</b> Crispy Potatoes Fruit & Veggies Milk	3 <b>Beef Taco</b> Refried Beans Fruit & Veggies Milk	4 <b>Chicken Biscuit Breakfast Sandwich</b> Seasoned Corn Fruit & Veggies Milk	5 <b>Sweet &amp; Sour Chicken</b> Seasoned Broccoli Fruit & Veggies Milk	6 <b>NO SCHOOL</b>
9 <b>Penne Bolognese</b> Roasted Cauliflower Fruit & Veggies Milk	10 <b>Cajun Fish Taco</b> Seasoned Pinto Beans Fruit & Veggies Milk	11 <b>Grilled Cheese Sandwich w/Tomato Soup</b> Seasoned Corn Fruit & Veggies Milk	12 <b>Mashed Potato &amp; Chicken Bowl w/Roll</b> Seasoned Broccoli Fruit & Veggies Milk	13 <b>Sausage Flat Bread</b> Seasoned Carrots Fruit & Veggies Milk
16 <b>Lasagna Style Bake</b> Green Bean Casserole Fruit & Veggies Milk	17 <b>Chicken Taco</b> Refried Beans Fruit & Veggies Milk	18 <b>Chili &amp; Frito Bowl</b> Seasoned Corn Fruit & Veggies Milk	19 <b>Brunch</b> Tater Tots Fruit & Veggies Milk	20 <b>Beef Philly</b> Cajun Cauliflower Fruit & Veggies Milk
23	24	25	26	27
30 <b>Butternut Squash Mac &amp; Cheese w/Bacon</b> Crispy Potatoes Fruit & Veggies Milk	31 <b>Beef Taco</b> Refried Beans Fruit & Veggies Milk		Menu subject to Change	<b>Pay for meals online @</b> <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> <b>MY SCHOOL BUCKS</b>

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

Lunch Prices Paid: \$3.25 Adult: \$3.90

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