

# ECLC January 2018 Elementary Lunch Menu

Food Service Director: Brandi Culver  
 bculver@gorockets.org.biz  
 814-827-2715 x.1460



## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain/Bread,  
 and Choice of Milk

\*Students must choose at least one fruit or vegetable



## Fresh Fruits and Vegetables Offered Daily

\*Vegetables include:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber

\*May choose two 1/2 cup servings

\*Fruits include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

\*May choose 1/2 cup serving






**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

1% Chocolate, 1% Strawberry,  
 Fat Free White and 1% White

Lunch Prices:  
 Paid \$2.35  
 Reduced \$.40

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Happy New Year!</b>  <b>No School</b>	2 Chicken Nuggets w/bread slice Or Nachos & Cheese Munchable Glazed Carrots Peaches Milk Choice	3 Brunch Lunch! French Toast Sticks with syrup & sausage patty or Nachos & Cheese Munchable Oven Baked Tater Tots Applesauce & Milk Choice	4 Breaded Chicken on bun Or Nachos & Cheese Munchable Romaine Salad Mandarin Oranges Milk Choice	5 Spaghetti with meat sauce & bread slice or Nachos & Cheese Munchable Steamed Corn Mixed Fruit Milk Choice 	
8 Cheeseburger on bun Or Chicken Nugget Munchable Mixed Vegetables Fresh Apple  Milk Choice	9 Corn Dog Nuggets or Chicken Nugget Munchable Mashed Potatoes Pineapple Tidbits Milk Choice	10 Sloppy Joe on bun Or Chicken Nugget Munchable Steamed Corn Applesauce Milk Choice	11 Hot Dog on bun or Chicken Nugget Munchable Baked Beans Banana Milk Choice	12 Soft Taco w/lettuce, cheese & salsa or Chicken Nugget Munchable Sweet Potato Fries Pears Milk Choice	
15 <b>Martin Luther King Jr. Day</b>  <b>No School</b>	16 BBQ Rib on bun Or Ham & Cheese Munchable Glazed Carrots Mandarin Oranges Milk Choice	17 Pepperoni Pizza Or Ham & Cheese Munchable Oven Baked Tater Tots Applesauce Milk Choice	18 Meatball Hoagie with cheese or Ham & Cheese Munchable Steamed Broccoli Peaches Milk Choice Pudding for Dessert	19 <b>No School</b>	
22 Chicken Nuggets w/bread slice Or Pizza Munchable Baked Beans Pineapple Tidbits Milk Choice	23 Cheeseburger on bun Or Pizza Munchable Baked French Fries Pears Milk Choice	24 Popcorn Chicken Bowl w/bread Or Pizza Munchable Steamed Corn Applesauce  Milk Choice	25 Hot Ham & Cheese on bun Or Pizza Munchable Steamed Green Beans Fresh Apple Milk Choice	26 Beef Nachos with cheese, salsa and bread slice or Pizza Munchable Stewed Tomatoes Banana Milk Choice	
29 BBQ Grilled Chicken on bun Or Nachos & Cheese Munchable Steamed Peas Peaches Milk Choice	30 Italian Dunkers w/sauce Or Nachos & Cheese Munchable Glazed Carrots Mixed Fruit Milk Choice	31 Brunch Lunch! French Toast Sticks with syrup & Ham Slices or Nachos & Cheese Munchable Oven Baked Tater Tots Applesauce & Milk Choice	 <b>Whole Grains Available Daily</b>   <b>Fresh Produce from Local Farms based on crop availability</b>	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE	