



# Eastern Local Elementary Lunch Menu December 2023

Director of Food and Nutrition:  
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**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*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Choice of Pepperoni Pizza Or Mini Corn-Dogs Steamed Corn Garden Salad Assorted Fruit Fat Free Milk
4 Choice of Grilled Cheese & Tomato Soup Or Cheeseburger Steamed Broccoli Assorted Fruit Fat Free Milk	5 Choice of Walking Taco Or Chicken Patty on bun Black Bean Salsa Assorted Fruit Fat Free Milk	6 Choice of Lasagna Rollup Or Pizza Garlic Toast Green Beans Assorted Fruit Fat Free Milk	7 Choice of Meat Loaf Or Chicken Nuggets Mashed Potatoes & gravy Cooked Carrots Assorted Fruit Fat Free Milk	8 Choice of Cheese Pizza Or Mini Corn Dogs Peas Garden Salad Assorted Fruit Fat Free Milk
11 Choice of Sweet & Sour Chicken Over Rice Or Cheeseburger Vegetable Egg Roll Assorted Fruit Fat Free Milk	12 Choice of Chicken Alfredo Or Chicken Patty on bun Chickpea salad Veggie Sticks Assorted Fruit Fat Free Milk	13 Choice of Fish Sticks Or Pizza Cole Slaw Baked Beans Assorted Fruit Fat Free Milk	14 Roasted Turkey Mashed Potatoes & Gravy Steamed Corn Dinner Roll Sugar Cookie Assorted Fruit Fat Free Milk	15 Pepperoni Pizza Lima Beans Garden Salad Assorted Fruit Fat Free Milk
18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL
25 MERRY CHRISTMAS	26 NO SCHOOL	NO SCHOOL	28 NO SCHOOL	29 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
		Menu is subject to change	Whole Grains Available Daily	Fresh Produce from Local Farms based on crop availability

## Some of the Fresh Fruits and Vegetables Offered

- Daily May Include:**
- Crisp Apple
  - Sliced Peaches
  - Broccoli Florets
  - Fresh Orange
  - Baby Carrots
  - Banana
  - Dark Leafy Greens
  - Pineapple Tidbits
  - Legume Salads
  - Diced Pears
  - Celery & Cucumber
  - Applesauce
- \*May choose two 1/2 cup servings
- \*May choose 1/2 cup serving

**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

Fat Free Chocolate,  
Fat Free White and Low Fat White

**Lunch Prices:  
Paid \$2.65**