



# EASTERN LOCAL ELEMENTARY FEBRUARY 2024 LUNCH MENU

Director of Food and Nutrition:  
**Kim Jeffreys**  
EasternLocal@thenutritiongroup.biz



### 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*



### 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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CHOICE OF Chicken Nuggets or French Toast Sticks Sausage Cucumber slices Assorted fruit Fat Free Milk	2 CHOICE OF Mini Corn Dogs or Pepperoni or Cheese Pizza Steamed Corn Assorted fruit Fat Free Milk
5 Choice of Cheeseburger on bun Or Meatball Hoagie Smile Fries Cooked Carrots Assorted Fruit Fat Free Milk	6 Choice of Chicken Patty on bun or Walking Taco Refried Beans Assorted Fruit Fat Free Milk	7 Choice of Pepperoni Pizza Or Popcorn Chicken Bowl Dinner Roll Assorted Fruit Fat Free Milk	8 Choice of Chicken Nuggets or Hot Italian Hoagie Veggie Sticks w/ Ranch Assorted Fruit Fat Free Milk	9 Choice of Mini Corn Dogs or Pepperoni or Cheese Pizza Mixed Veggies Assorted Fruit Fat Free Milk
12 Choice of Cheeseburger or Meatloaf M.Potatoes & gravy Green Beans Dinner Roll Assorted Fruit Fat Free Milk	13 Choice of Chicken Patty on bun or Gr.Chicken Caesar Salad Steamed Peas Assorted Fruit Fat Free Milk	14 Choice of Cheese Pizza or Sloppy Joe on bun Steamed Broccoli Assorted Fruit Fat Free Milk	15 Choice of Chicken Nuggets or Hot Dog on bun French Fries Baked Beans Assorted Fruit Fat Free Milk	16  NO SCHOOL
19  NO SCHOOL	20 Choice of Chicken Patty on bun or Sweet & Sour Chicken Bowl Dinner Roll Assorted Fruit Fat Free Milk	21 Choice of Pepperoni Pizza or Sausage Egg & Cheese Biscuit Tater Tots Assorted Fruit Fat Free Milk	22 Choice of Chicken Nuggets or Hot Ham & Cheese on bun Baked Beans Mixed Veggies Assorted Fruit Fat Free Milk	23 Choice of Pepperoni or Cheese Pizza or Fish Sandwich Coleslaw Assorted Fruit Fat Free Milk
26 Choice of Cheeseburger on bun or School Made Beefaroni Lima Beans/Dinner Roll Assorted Fruit /Fat Free Milk	27 Choice of Chicken Patty on bun Or Cheese Quesadilla Black Bean & Corn Salsa Assorted Fruit Fat Free Milk	28 Choice of Cheese Pizza or Chili Cheese Fries Steamed Cauliflower Assorted Fruit Fat Free Milk	29 Choice of Chicken Nuggets or Chicken Patty on bun Pasta Salad Assorted Fruit Fat Free Milk	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