



# Eastern Local Elementary Lunch Menu November 2023

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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: Chicken Strips Or Cheese pizza Romaine salad Assorted fruit Fat free milk	2 Choice of: Salisbury steak over mashed potatoes Or chicken nuggets Green beans Assorted fruit Fat free milk	3 Choice of: Cheese pizza Or Mini Corn Dogs Corn Assorted fruit Fat free milk
6 Choice of:  Hot Dog on bun Or Cheeseburger on bun Baked beans Assorted fruit Fat free Milk	7  NO SCHOOL  ELECTION DAY	8 Choice of  Chicken strips Or Cheese pizza Romaine garden salad Assorted fruit Fat free milk	9 Choice of: Salisbury Steak over mashed potatoes w/bread or Chicken Nuggets /roll Green Beans Assorted fruit Fat free Milk	10 Choice of: Cheese Pizza or Mini Corn Dogs Fresh side salad Assorted fruit Fat Free Milk
13 Choice of: Ham and cheese Stromboli Or Cheeseburger on bun Green beans Sliced cucumbers Assorted fruit Fat free milk	14 Choice of: Beef Nachos Or Chicken patty on bun Corn Refried beans Assorted fruit Fat free milk	15 Choice of: Popcorn chicken w/ Rice Or Pepperoni pizza Steamed Peas Garden salad Assorted fruit Fat free milk	16 Choice of : Roasted Turkey w/ bread Or Chicken nuggets Mashed potatoes & gravy Green beans Assorted fruit Fat free milk	17 Choice of: Cheese pizza Or Mini corn dogs Veggie sticks & ranch Apple sauce Assorted fruit Fat free milk
20 Choice of: Pancake and Sausage Or Cheeseburger on bun Hash brown rounds Assorted fruit Fat free milk	21 Choice of Ham and cheese munchable Or Pepperoni pizza Carrot and celery sticks Assorted fruit Fat free milk	22  NO  SCHOOL	23  NO SCHOOL HAPPY THANKSGIVING	24  NO  SCHOOL
27 Choice of: Grilled chicken Caesar salad Or Chicken patty on bun Baked beans Assorted fruit Fat free milk	28 Choice of: Cheeseburger on bun Or Pepperoni pizza French fries Steamed cauliflower Assorted fruit Fat free milk	29 Choice of: Corn dog Or Chicken nuggets Tater tots Steamed peas Assorted fruit Fat free milk	30 Choice of: Cheese Pizza Or Mini corn dog Garden 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
		<i>Menu is subject to change</i>	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**