



Eastern Local Middle School Lunch Menu October 2024



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

The Grille

One or more may be offered daily:
Pizza
Hamburger on Bun
Cheeseburger on Bun

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar May Include:

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

*Fruits may include:

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

Grab & Go

Coming Soon!!

Lunch Prices: Paid \$3.00

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

MENUS SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Nuggets Mashed Potatoes & Gravy Bread & Butter Assorted Fruit Fat Free Milk	2 Hot Dog on bun French Fries Steamed Peas Assorted Fruit Fat Free Milk	3 Chicken Salad Wrap Steamed Carrots Assorted Fruit Fat Free Milk	4 Pizza Stromboli Steamed Corn Assorted fruit Fat Free Milk
7 Western Burger on bun Baked Beans Tater Tots Assorted Fruit Fat Free Milk	8 Walking Tacos Mexican Corn Salad Assorted Fruit Fat Free Milk	9 Crunchy Fish Stix French Fries Creamy Cole Slaw Assorted Fruit Fat Free Milk	10 Breaded Pork Chop Mashed Potatoes & gravy Green Beans Bread & Butter Assorted Fruit Fat Free Milk	11 Italian Hoagie Veggie Stix & Ranch Dressing Assorted Fruit Fat Free Milk
14 Scrambled Eggs Breakfast Potatoes Toast Assorted juice Assorted Fruit Fat Free Milk	15 Chicken Quesadilla Black Bean & Corn Salsa Assorted Fruit Fat Free Milk	16 Nashville Honey Hot Chicken Sandwich Pasta Salad Assorted Fruit Fat Free Milk	17 Chicken Caesar Salad Fresh Bread & Butter Assorted Fruit Fat Free Milk	18 Pasta w/ Homemade Meat Sauce Garlic Bread Assorted Fruit Fat Free Milk
21 Popcorn Chicken Bowl Bread & Butter Assorted Fruit Fat Free Milk	22 Beef Nachos & Cheese Sauce Fresh Bread & Butter Refried Beans Assorted Fruit Fat Free Milk	23 Fish Sandwich on bun French fries Baked Beans Assorted Fruit Fat Free Milk	24 Grilled Cheese Tomato Soup Assorted Fruit Fat Free Milk	25 Pizza Burger on bun Steamed Corn Assorted Fruit Fat Free Milk
28 Chili Cheese Fries Bread & Butter Assorted Fruit Fat Free Milk	29 Ham & Cheese Stromboli Creamy Cucumber Salad Assorted Fruit Fat Free Milk	30 Schoolmade Macaroni & Cheese Garlic Toast Cauliflower & Broccoli w/Ranch dip Assorted Fruit Fat Free Milk	31 Salisbury Steak Bread & Butter Mashed Potatoes & gravy Baked Apples Fat Free Milk	

The Deli

Craving something different?

Assorted Salad Sandwiches and Wraps available instead of the hot entrée.

The Garden

Fresh Salad Barr offered daily

Included with each meal

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Proud to manage your food service program



Whole Grains Available Daily

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