



Eastern Local High School Lunch Menu SEPTEMBER 2024



Director of Food and Nutrition:
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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 \$3.10

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
2 NO SCHOOL	3 Chicken Stir Fry w/ Vegetables & Seasoned Rice Assorted Fruit Fat Free Milk	4 Crunchy Fish Sticks Seasoned Peas Creamy Cole Slaw Assorted Fruit Fat Free Milk	5 Salisbury Steak & fresh bread Mashed Potatoes & gravy Baked Apples Fat Free Milk	6 Ham & Cheese Stromboli Creamy Cucumber Salad Assorted Fruit Fat Free Milk
9 Beef & Cheese Nachos w/ Cheddar Cheese Sauce Steamed Corn Assorted Fruit Fat Free Milk	10 Beef Burritos w/ L,T,Ch Fresh Bread Refried Beans Assorted Fruit Fat Free Milk	11 Grilled Chicken Caesar Salad w/fresh bread Honey Glazed Carrots Assorted Fruit Fat Free Milk	12 BBQ Rib on Steak Roll French Fries Steamed Broccoli Assorted Fruit Fat Free Milk	13 Popcorn Chicken Bowl Celery & Carrot Sticks w/ Ranch Dressing Assorted Fruit Fat Free Milk
16 Hot Dog on bun Tater Tots Steamed Peas Assorted Fruit Fat Free Milk	17 Walking Taco w/L,T,Ch Black Beans Assorted Fruit Fat Free Milk	18 Pizza Burger on bun Steamed Corn Assorted Fruit Fat Free Milk	19 Schoolmade Macaroni & Cheese w/ garlic toast Tomato Soup Steamed Cauliflower Assorted Fruit Fat Free Milk	20 Crispy Fish Sandwich on bun French Fries Creamy Cole Slaw Assorted Fruit Fat Free Milk
23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 Pancakes & Sausage Yogurt cups Assorted juice Assorted fruit 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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