



Eastern Local High School Lunch Menu October 2023



Senior Director of Food and Nutrition:
Michelle Martin 937-534-1736

The Grille

One or more may be offered daily:

- Hamburger on Bun
- Cheeseburger on Bun
- Chicken Patty on Bun

Accompaniments

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

*Fruits may include:

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

Grab & Go

Coming Soon!

Lunch Prices: Paid \$2.95

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 Spicy Chicken Deluxe with tomato & lettuce Sweet Potato Fries Fruit Fat Free Milk	3 Walking Taco Cilantro Rice Fresh Pico Carrots and Ranch Fruit Fat Free Milk	4 French Toast Sticks with Warm Syrup Sausage Links Tater Tots Fruit Fat Free Milk	5 Buffalo Chicken Alfredo w/Bread Steamed Broccoli Fruit Fat Free Milk	6 Pizza Tossed Salad Fruit Fat Free Milk
9 Beef and Cheese Nacho With Cilantro Lime Rice Seasoned Refried Beans Fruit Fat Free Milk	10 Popcorn Chicken Bowl Glazed Carrots Fruit Fat Free Milk	11 Meatball Hoagie Baked Beans Fruit Fat Free Milk	12 Toasted Cheese with Tomato Soup Fresh Veggie Cups Fruit Fat Free Milk	13 Pizza Tossed Salad Fruit Fat Free Milk
16 Salisbury Steak over Mashed Potatoes w/gravy and Dinner Roll Baked Carrots Fruit Fat Free Milk	17 Chicken and Cheese Quesadilla with Salsa Black Bean and Corn Salad Fruit Fat Free Milk	18 Spaghetti with Meat sauce and Breadstick Steamed Broccoli Fruit Fat Free Milk	19 BBQ Rib on Bun French Fries Fruit Fat Free Milk	20 Pizza Tossed Salad Fruit Fat Free Milk
23 Spicy Chicken Tenders with Bread Tater Tots Fruit Fat Free Milk	24 Korean Meatballs over Rice Glazed Carrots Fruit Fat Free Milk	25 Chicken Burrito Bowl Seasoned Black Beans Corn Salsa Fruit Fat Free Milk	26 Homemade Chili w/ cornbread Fresh Veggie Cup Fruit Fat Free Milk	27 Pizza Tossed Salad Fruit Fat Free Milk
30 Sloppy Jo on Bun Cheesy Broccoli Fruit Fat Free Milk	31 Chili Dog on Bun French Fries Fruit Milk			Fresh Produce from Local Farms based on crop availability

The Deli

Craving something different?

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

The Garden

Watch for a new and improved Salad Bar! Coming Soon.

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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