



# Eastern Local Elementary Lunch Menu October 2023

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**Basil**  
CHEF OF  
NUTRITION

## 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:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber
- \*May choose two 1/2 cup servings
- Crisp Apple
- Sliced Peaches
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce
- \*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
2 Choice of: Chicken Strips w/roll or Cheeseburger on Bun Crispy Tator Tots Pineapple Tidbits Fat Free Milk	3 Choice of: Walking Taco w/seasoned rice or Chicken Patty On Bun Seasoned Refried Beans Mixed Fruit/Juice Fat Free Milk	4 Choice of: Toasted Cheese w/tomato soup or Fiesta Pizza Baby Carrots w/ranch Sliced Peaches Fat Free Milk	5 Choice of: Salisbury Steak over Egg Noodles w/bread or Chicken Nuggets /roll Green Beans Diced Pears/Juice Fat Free Milk	6 Choice of: Cheese Pizza or Mini Corn Dogs Fresh side salad Mandarin Oranges Fat Free Milk
9 Choice of: Popcorn Chicken Bowl w/bread or Cheeseburger on a Bun Buttered Corn Mandarin Oranges Fat Free Milk	10 Choice of: Nacho Beef & Cheese w/bread and tomato salsa or Chicken Patty on Bun Seasoned Black Beans Sliced Apples/Juice Fat Free Milk	11 Choice of: Macaroni & Cheese w/bread or Fiesta Pizza Romain Salad Diced Pears Fat Free Milk	12 Choice of: Korean Meatballs over rice w/ bread or Chicken Nuggets w/roll Cheesy Broccoli Pineapple Tidbits/Juice Fat Free Milk	13 Choice of: Pepperoni Pizza or Mini Corn Dogs Glazed Carrots Rosy Applesauce Fat Free Milk
16 Choice of: Cheesy Bread Sticks w/Marinara or Cheeseburger on Bun Golden Corn Yellow Peaches Fat Free Milk	17 Choice of: Spaghetti with Meat sauce and Breadstick or Chicken Patty on Bun Romaine Salad Diced Peach Cup/Juice Fat Free Milk	18 Choice of: Chicken Soft Taco with Salsa or Fiesta Pizza Refried Beans Chilled Applesauce Fat Free Milk	19 Choice of: Fish Sticks with dinner roll or Chicken Nuggets w/roll Seasoned Green Beans Sliced Pears/Juice Fat Free Milk	20 Choice of: Cheese Pizza or Corn Dog Nuggets Honey Glazed Carrots Fresh Fruit Fat Free Milk
23 Choice of: Chicken Nacho's with Cheese and Salsa Or Cheeseburger on Bun Black Beans Mixed Fruit Cup Fat Free Milk	24 Choice of: French Toast Sticks With Sausage Or Chicken Patty on Bun Tator Tots Sliced Peaches/Juice Fat Free Milk	25 Choice of: Grilled Chicken on Bun Or Fiesta Pizza Steamed Broccoli Diced Pears Fat Free Milk	26 Choice of: Chili w/Combread Or Chicken Nuggets Romaine Salad Orange Slices/Juice Fat Free Milk	27 Choice of: Pepperoni Pizza Or Corn Dog Nuggets Carrots w/ranch Applesauce Fat Free Milk
30 Choice of: Toasted Ham & Cheese or Cheeseburger on Bun Carrots w/Ranch Mandarin Oranges Fat Free Milk	31 Choice of: Chili Dog on Bun or Chicken Patty on Bun Fries Applesauce/Juice Fat Free Milk	<b>Menu is subject to change without notice</b>		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
			Fresh Produce from Local Farms based on crop availability	
				Whole Grains Available Daily