



Eastern Local Middle School Lunch Menu October 2023



Senior Director of Food and Nutrition:
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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
*Vegetable Bar May Include:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber
- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- 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

2 Spicy Chicken Deluxe with tomato & lettuce
Sweet Potato Fries
Fruit
Fat Free Milk

Tuesday

3 Walking Taco
Cilantro Rice
Fresh Pico
Carrots and Ranch
Fruit
Fat Free Milk

Wednesday

4 French Toast Sticks with Warm Syrup
Sausage Links
Tater Tots
Fruit
Fat Free Milk

Thursday

5 Buffalo Chicken Alfredo w/Bread
Steamed Broccoli
Fruit
Fat Free Milk

Friday

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
Tator 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

31 Fresh Produce from Local Farms based on crop availability



Craving something different?

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

The Garden

Watch for exciting updates and additions!

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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