



# Eastern Local Middle School Lunch Menu November 2023



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: \*Fruits 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	Tuesday	Wednesday	Thursday	Friday
		1 Sausage links Biscuits and gravy Diced potatoes Assorted fruit Fat free milk	2 Buffalo chicken Alfredo w/bread Steamed broccoli Assorted fruit Fat free milk	3 Pepperoni pizza Corn Assorted fruit Fat free milk
6 Corn Dog Baked beans Cucumber slices Assorted fruit Fat free Milk	7  No school	8 Burrito w/chili sauce Shredded cheese, lettuce and tomato Corn Assorted fruit Fat free milk	9 Spaghetti & meat-balls Steamed broccoli Romain salad Assorted fruit Fat free milk	10 Pepperoni pizza Veggie sticks & ranch dip Green beans Assorted fruit Fat free milk
13 Ham & cheese Stromboli Broccoli salad Assorted fruit Fat free milk	14 Beef nachos Refried beans Corn Assorted fruit Fat free milk	15 Popcorn chicken Steamed peas Garden salad Assorted fruit Fat free milk	16 Roasted turkey w/ bread Mashed potatoes & gravy Green beans Assorted fruit Fat free milk	17 Cheese pizza Steamed carrots Cucumber slices Assorted fruit Fat free milk
20 Pancake & Sausage Hash brown rounds Cottage cheese Assorted fruit Fat free milk	21 Ham & cheese Munchable Carrot & celery sticks Assorted fruit Fat free milk	22  NO SCHOOL	23  NO SCHOOL HAPPY THANKSGIVING	24  NO SCHOOL
27 General Tso chicken bowl Chicken fried rice Assorted fruit Fat free milk	28 Grilled Chicken Caesar salad Baked beans Assorted fruit Fat free milk	29 Cheeseburger on bun French fries Steamed cauliflower Assorted fruit Fat free milk	30 Corn Dog on a stick Tater Tots Steamed peas Assorted fruit Fat free 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 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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