



October 2022

EAST ELEMENTARY SCHOOL LUNCH MENU

| MON | TUES | WED | THURS | FRI |
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| CHEESEBURGER CHICKEN PATTY SANDWICH ³ HAM & CHEESE SUB Mixed Vegetables Fresh Vegetable Fruit Milk | MOZZARELLA STICKS W/ SAUCE HOT DOG CHICKEN CAESAR SALAD Baked Beans Fresh Vegetable Fruit Milk | MINI PIEROGI ⁵ CHICKEN NUGGETS w/ Bread HAM & CHEESE SUB Steamed Broccoli Fresh Vegetable Fruit Milk | NACHO PLATTER ⁶ CHEESEBURGER CHICKEN CAESAR SALAD Golden Corn Fresh Vegetable Fruit Milk | CHEESE PIZZA ⁷ CHICKEN PATTY HAM & CHEESE WRAP Fresh Vegetable Choice Fruit Milk |
|  | CHICKEN NUGGETS W/BREAD ¹¹ CHEESEBURGER TURKEY & CHEESE SANDWICH Green Beans Fresh Vegetable Fruit / Milk | MOZZARELLA STICKS W/ SAUCE ¹² HOT DOG HAM & CHEESE SANDWICH Baked Tater Tots Fresh Vegetable Fruit/Milk | WALKING TACO ¹³ CHEESEBURGER TURKEY & CHEESE SANDWICH Golden Corn Fresh Vegetable Fruit Milk | CHEESE PIZZA ¹⁴ CHICKEN PATTY HAM & CHEESE WRAP Steamed Broccoli Fresh Vegetable Fruit Milk |
| CHEESE FILLED BREADSTICKS W/ SAUCE ⁷ CHICKEN PATTY ON A ROLL TURKEY & CHEESE SANDWICH Golden Corn Fresh Vegetable Fruit / Milk | CHICKEN TENDERS W/BREAD ⁸ CHEESEBURGER HAM & CHEESE SANDWICH Baked Tater Tots Fresh Vegetable Fruit / Milk | MEATBALL SUB ¹⁹ CHICKEN NUGGETS W/BREAD POPCORN CHICKEN SALAD Green Beans Fresh Vegetable Fruit / Milk | WALKING TACO ²⁰ HOT DOG ON A ROLL ALL AMERICAN CHEF SALAD Ranch Cucumbers Fresh Vegetable Fruit / Milk | CHEESE PIZZA ²¹ CHEESEBURGER HAM & CHEESE WRAP Baked Tater Tots Fresh Vegetable Fruit / Milk |
| WARM HAM & CHEESE ON PRETZEL ROLL ²⁴ CHICKEN PATTY SANDWICH HAM & CHEESE SANDWICH Baked Tater Tots Fresh Vegetable Fruit / Milk | BBQ PORK RIBLET ON A BUN ²⁵ CHEESEBURGER TURKEY & CHEESE SANDWICH Baked Beans Fresh Vegetable Fruit / Milk | CHEESEBURGER ON A BUN ²⁶ CHICKEN NUGGETS W/ BREAD HAM & CHEESE SANDWICH Baked Crinkle Fries Fresh Vegetable Fruit / Milk | NACHO PLATTER ²⁷ HOT DOG ON A BUN CHICKEN CAESAR SALAD Golden Corn Fresh Vegetable Fruit / Milk | PEPPERONI PIZZA ²⁸ CHICKEN PATTY SANDWICH TURKEY & CHEESE WRAP Steamed Carrots Fresh Vegetable Fruit / Milk |
| 31 EARLY DISMISSAL BAG LUNCH AVAILABLE  | | | | |

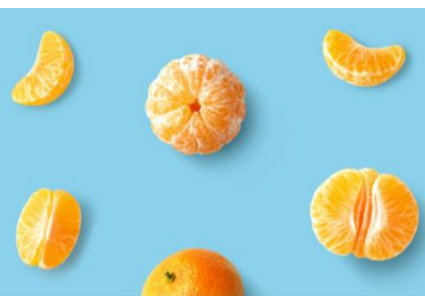
Fruits & Vegetables Offered Daily
 Apples, Oranges, Bananas
 Chilled Fruit Cup
 100% Fruit Juice
 Baby Carrots
 Celery Sticks

Milk Choices Offered with Every Meal
 1% Plain
 Fat Free
 Fat Free Chocolate

Due to continued manufacturing issues, there may be substitutes on occasion. We apologize in advance for any inconvenience

Whole Grain Bread, Rolls, or Crackers Offered Daily

FREE LUNCH FOR ALL STUDENTS



To make a meal, students must select foods from at least 3 different food groups with one of the items being a ½ cup fruit, ½ cup vegetable or a 4 oz. fruit juice. Students may select up to 1 cup of vegetables but only ½ c fruit or 100% juice. Meals without a fruit or vegetable will be charged a la carte pricing.



This institution is an equal opportunity providers