

Eastern Local Lunch Menu 2019

October

Fresh Chicken and Chef Salads offered Daily as option to the Entree.

Menu is subject to change. Fat Free and 1% Milk offered Daily for Breakfast and Lunch. Cereal, Juice, and Fruit offered Daily for Breakfast. This Institution is an Equal Opportunity Provider.

Ranch/French/Italian Dressings/Salsa/Sour Cream/Marinara Sauce/Ketchup/Mustard/BBQ, Sweet & Sour, Humus, Maple Syrup, Offered Daily



<p>1 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>2 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>3 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>4 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>
<p>Egg and Cheese Omelet</p>	<p>Ham/Egg/Toast/HashBrown @ HS. Ham and Egg Muffin @ Elem</p>	<p>Ham/Egg/Toast/HashBrown @ Elem. Ham and Egg Muffin @ HS</p>	<p>Pancake Sausage on a Stick</p>
<p>Chicken Chunks/Roll Tator Tots Green Beans Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Eagle Burger/Ham Salad Bagel High School Special- Get a Meal/Nachos and Cheese are FREE!</p>	<p>Chicken Drum Stick and Roll Mashed Potatoes/Chicken Gravy Peas and Carrots Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Eagle Burger/Ham Salad Bagel High School Special- Get a Meal/Nachos and Cheese are FREE!</p>	<p>Pizza Corn Sweet Potato Fries Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Eagle Burger/Ham Salad Bagel High School Special- Get a Meal/Nachos and Cheese are FREE!</p>	<p>Grilled Cheese Tomato Soup Salad(Romaine,Spinich,Carrots) Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Eagle Burger/Ham Salad Bagel High School Special- Get a Meal/Nachos and Cheese are FREE!</p>
<p>7 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>8 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>9 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>10 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>
<p>Bacon Egg and Cheese Breadstick</p>	<p>Cinnamon Toast</p>	<p>Sausage Gravy and Biscuit at HS - Sliders at Elem</p>	<p>Sausage Gravy and Biscuit at Elem - Sliders at HS</p>
<p>Cheesy Bites/Bread Stick Tator Tots Green Beans Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Eagle Burger/Ham Salad Bagel High School Special- Get a Meal/Chicken Chunks are Free!</p>	<p>Pizza Corn Sweet Potato Fries Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Eagle Burger/Ham Salad Bagel High School Special- Get a Meal/Chicken Chunks are Free!</p>	<p>Chicken & Noodles/Roll Mashed Potatoes/Gravy Lima Beans Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Eagle Burger/Ham Salad Bagel High School Special- Get a Meal/Chicken Chunks are Free!</p>	<p>Mini Corn Dogs Mashed Sweet Potatoes Asparagus Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Eagle Burger/Ham Salad Bagel High School Special- Get a Meal/Chicken Chunks are Free!</p>
<p>14 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>15 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>16 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>17 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>
<p>Apple Stuffed Bread Stick</p>	<p>Bagel and Cream Cheese</p>	<p>Bacon, Egg Patty, Biscuit at HS - Pancake Sausage on Stick at Elem</p>	<p>Bacon, Egg Patty, Biscuit at Elem - Pancake Sausage on Stick at HS</p>
<p>Salisbury Steak/Roll Hash Browns Black Beans Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Italian Sub w/ toppings High School Special- Get a Meal/Cheese Fries are Free!</p>	<p>Grilled Chicken Breast/Roll Seasoned Roasted Potatoes Turnip Greens Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Italian Sub w/ toppings High School Special- Get a Meal/Cheese Fries are Free!</p>	<p>Pizza Corn Sweet Potato Fries Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Italian Sub w/ toppings High School Special- Get a Meal/Cheese Fries are Free!</p>	<p>Fajita Wrap with Lettuce/Tom. Cream of Chicken Soup Salad(Romaine,Spinich,Carrots) Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Italian Sub w/ toppings High School Special- Get a Meal/Cheese Fries are Free!</p>
<p>21 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>22 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>23 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>24 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>
<p>Warm Cereal Bar</p>	<p>Breakfast Tornado</p>	<p>Sausage Gravy and Biscuit at HS- Bacon Egg and Cheese Bread Stick at Elem</p>	<p>Sausage Gravy and Biscuit at Elem- Bacon Egg and Cheese Bread Stick at HS</p>
<p>Chilli Dog/ Cheese and Onions Fries Cole Slaw Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Grid Chkn Sand/ Chkn Salad High School Special- Get a Meal/Nachos and Cheese/Salsa FREE</p>	<p>Baked Steak/Roll Mashed Potatoes/Gravy Baked Beans Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Grid Chkn Sand/ Chkn Salad High School Special- Get a Meal/Nachos and Cheese/Salsa FREE</p>	<p>Spaghetti w/Meat Sauce and Roll Corn Lima Beans Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Grid Chkn Sand/ Chkn Salad High School Special- Get a Meal/Nachos and Cheese/Salsa FREE</p>	<p>Stuffed Crust Pizza Fresh Celery Sticks Fresh Carrot Sticks Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Grid Chkn Sand/ Chkn Salad High School Special- Get a Meal/Nachos and Cheese/Salsa FREE</p>
<p>28 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>29 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>30 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>	<p>31 Orange/Apple/Juice/Fruit Cup Choice: Cereal/Yogurt/Chs Stick/ Muffin/2 Cookies/Cereal Bar/Donut</p>
<p>Breakfast Pizza</p>	<p>Sausage Slider</p>	<p>Bacon,Eggs, Hashbrown and Toast at HS- Apple Stuffed Breadstick at Elem</p>	<p>Bacon,Eggs, Hashbrown and Toast at Elem- Apple Stuffed Breadstick at HS</p>
<p>Mac n Cheese/Roll Fresh Broccoli Bean Salad Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Ham & Turkey Wrap/Let/Tom High School Special- Get a Meal/Honey Siracha Chicken Chunks are FREE!</p>	<p>Chicken & Noodles Mashed Potatoes and Gravy Green Beans Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Ham & Turkey Wrap/Let/Tom High School Special- Get a Meal/Honey Siracha Chicken Chunks are FREE!</p>	<p>Meatball Sub Chips Carrot Sticks Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Ham & Turkey Wrap/Let/Tom High School Special- Get a Meal/Honey Siracha Chicken Chunks are FREE!</p>	<p>Stuffed Crust Pizza Fresh Celery Sticks Side Salad Fruit Cup/Applesauce Cup/Fresh Fruit Alt. Entree- Ham & Turkey Wrap/Let/Tom High School Special- Get a Meal/Honey Siracha Chicken Chunks are FREE!</p>