



Elm Middle Lunch Menu School

October 2017

2 A. Pizza Sticks w/marinara sauce
 B. Chicken Tenders w/dinner roll
 C. Chicken Chef Salad w/bread

Sides:
 Corn
 Fresh Broccoli
 French Fries
 Fresh Apple
 Fresh Watermelon
 100% Fruit Juicet Blend

3 A. Cajun Meatball Stew w/roll
 B. Hamburger
 C. Chicken Nacho Salad w/tortilla crisp

Sides:
 Tater Tots
 Green Beans
 Red Pepper Strips
 Fresh Grapes
 Fresh Watermelon

4 A. Orange Popcorn Chicken & Broccoli w/rice
 B. Tuna Salad Sandwich
 C. Cheese Salad w/bread

Sides:
 Carrots
 Zucchini slices
 Potato Wedges
 Fresh Cut Cantaloupe
 Banana
 100% Grape Juice

5 A. Spaghetti Carbonara w/peas, bacon, and Chicken
 B. Spicy Chicken Patty
 C. Turkey Chef Salad w/roll

Sides:
 Tater Tots
 Black Beans
 Celery Sticks
 Fresh Watermelon
 Fresh Grapes

6 A. Cheese Pizza
 B. Hot Dog
 C. Turkey/ham Chef Salad w/ flatbread

Sides:
 French Fries
 Kale
 Coleslaw
 Fresh Watermelon
 Fresh Apple

9 NO SCHOOL

10 A. Country Chicken Nugget Bowl
 B. Hot Dog
 C. Turkey/Ham Chef Salad w/ bread
 FUEL: Chick N' Cheese Griller

Sides:
 Tater Tots
 Carrots
 Jicama Sticks
 Fresh Watermelon
 Fresh Grapes

11 A. Chili Mac w/breadstick
 B. Hamburger
 C. Fresh Apple & Cheese Plate
 FUEL: Chick N' Cheese Griller

Sides:
 Potato Wedges
 Zucchini slices
 Celery Sticks
 Fresh Cut Cantaloupe
 Fresh Banana
 100% Grape Juice

12 A. Turkey w/stuffing
 B. Turkey Ham Sandwich
 C. Popcorn Chicken Salad
 FUEL: Chick N' Cheese Griller

Sides:
 Tater Tots
 Pinto Beans
 Baby Carrots
 Fresh Watermelon
 Fresh Grapes

13 A. Cheese Pizza
 B. Chicken Tenders w/dinner roll
 C. Bean Nacho Salad w/ chips
 FUEL: Chick N' Cheese Griller

Sides:
 French Fries
 Broccoli
 Cucumber Slices
 Fresh Watermelon
 Fresh Apple

16 A. Pancakes & Sausage
 B. Hot Dog
 C. Kickin' Pinto Taco Salad
 FUEL: Steak N' Cheese Griller

Sides:
 French Fries
 Peas
 Broccoli
 Fresh Watermelon
 Fresh Apple
 100% Fruit Juice Blend

17 A. Macaroni & Cheese w/Fish Sticks
 B. Chicken Patty
 C. Turkey Chef Salad
 FUEL: Steak N' Cheese Griller

Sides:
 Tater Tots
 Brussel Sprouts
 Red Pepper Strips
 Fresh Watermelon
 Fresh Grapes

18 A. Breaded Chicken Drumstick w/ corn muffin
 B. Hamburger
 C. Beef Nacho Salad w/ chips
 FUEL: Steak N' Cheese Griller

Sides:
 Potato Wedges
 Orange Glazed Carrots
 Zucchini Slices
 Fresh Banana
 Fresh Cut Cantaloupe
 100% Grape Juice

19 A. Chicken Tater Bite Nacho
 B. Tuna Salad Sub
 C. Popcorn Chicken Salad w/ flatbread
 FUEL: Steak N' Cheese Griller

Sides:
 Tater Tots
 Vegetarian Baked Beans
 Celery Sticks
 Fresh Watermelon
 Fresh Grapes

20 A. Pepperoni Pizza
 B. Chicken Tenders w/bread
 C. Tuna Platter w/ roll
 FUEL: Steak N' Cheese Griller

Sides:
 Steamed Spinach
 Cucumber Slices
 French Fries
 Fresh Watermelon
 Fresh Apple

23 A. Oven Roasted Chicken Drumstick w/ roll
 B. Chicken Patty
 C. Vegetarian Baja Salad

Sides:
 French Fries
 Mashed Potatoes
 Fresh Broccoli
 Fresh Watermelon
 Fresh Apple
 100% Fruit Juice Blend

24 A. Pasta With Meat Sauce w/ breadstick
 B. Hot Dog
 C. Diced Chicken Caesar Salad w/ goldfish

Sides:
 Sweet Potato Fries
 Green Beans
 Red Pepper Strips
 Fresh Watermelon
 Fresh Grapes

25 A. Broccoli & Cheese Baked Potato w/ roll
 B. Egg Salad Sandwich
 C. Turkey Chef Salad
 D. Cheeseburger

Sides:
 Potato Wedges
 Orange Glazed Carrots
 Zucchini
 Fresh Cut Cantaloupe
 Banana
 100% Grape Juice

26 A. Sausage and Red Beans w/Santé Fe Rice
 B. Egg Chef Salad w/ roll
 C. Hamburger

Sides:
 Vegetarian Baked Beans
 Sweet Potato Tater Tots
 Celery Sticks
 Fresh Grapes
 Fresh Watermelon

27 A. Pepperoni Pizza
 B. Chicken Tenders w/ bread
 C. Beef Taco Salad w/ chips

Sides:
 Spinach
 Tater Tots
 Baby Carrots
 Fresh Apple
 Fresh Watermelon

30 A. Meatloaf w/ gravy & roll
 B. Turkey Sandwich
 C. Fruit & Cheese Plate w/ cinnamon crisps
 D. Cheeseburger

Sides:
 French Fries
 Peas
 Tomato Wedges
 Fresh Apple
 Fresh Watermelon
 100% Fruit Juice Blend

31 A. Popcorn Chicken Bowl
 B. Chicken Tenders w/ roll
 C. Tuna Salad Platter

Sides:
 Tater Tots
 Cauliflower
 Cucumber Slices
 Fresh Watermelon
 Fresh Grapes

A parent/guardian of any student with a food Allergy should feel free to contact the Food Service Director at: 708-583-5463

Lunch Price
 Paid \$ 2.50
 Reduced \$.40

Daily Options:

- Sun Butter & Jelly Sandwich
- Milk (1% or Chocolate)
- Condiments (Ketchup, BBQ, Mustard and Ranch)

