



Elmwood Elementary Lunch Menu October 2017

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

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

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

Sides
Green Beans
Red Pepper Strips
Tater Tots
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
Black Beans
Celery Sticks
Tater Tots
Fresh Watermelon
Fresh Grapes

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

Sides:
Kale
Coleslaw
French Fries
Fresh Watermelon
Fresh Apple

9
NO SCHOOL

10 A. Country Chicken Nugget Bowl
B. Hot Dog
C. Turkey/Ham Chef Salad w/bread

Sides:
Carrots
Jicama Sticks
Tater Tots
Fresh Watermelon
Fresh Grapes

11 A. Chili Mac w/breadstick
B. Hamburger
C. Fresh Apple & Cheese Plate

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

12 A. Turkey w/stuffing
B. Turkey Ham Sandwich
C. Popcorn Chicken Salad
D. Cheeseburger

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

13 A. Cheese Pizza
B. Chicken Tenders w/dinner roll
C. Bean Nacho Salad w/Tortilla Chips

Sides:
Broccoli
Cucumber Slices
French Fries
Fresh Watermelon
Fresh Apple

16 A. Pancakes & Sausage
B. Hot Dog
C. Kickin' Pinto Taco Salad

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

17 A. Macaroni & Cheese w/Fish Sticks
B. Chicken Patty
C. Turkey Chef Salad

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/tortilla chips

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

19 A. Chicken Tater Bite Nachos
B. Tuna Salad Sub
C. Popcorn Salad w/flatbread

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

20 A. Pepperoni Pizza
B. Chicken Tenders w/bread
C. Tuna Platter w/dinner roll

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

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

Sides:
Mashed Potatoes
Fresh Broccoli
French Fries
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:
Green Beans
Red Pepper Strips
Sweet Potato Fries
Fresh Watermelon
Fresh Grapes

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

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

26 A. Sausage and Red Beans w/Santé Fe Rice
B. Egg Chef Salad w/dinner 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/dinner roll
C. Beef Taco Salad w/tortilla crisps

Sides:
Spinach
Tater Tots
Baby Carrots
Fresh Apple
Fresh Watermelon

30 A. Meatloaf w/gravy and dinner roll
B. Turkey Sandwich
C. Fruit & Cheese Plate w/cinnamon tortilla crisp
D. Cheeseburger

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

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

Sides:
Cauliflower
Cucumber slices
Tater Tots
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)

