







September-2023	Ellwood City Area School District Elementary Lunch Menu					
 <p>What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> ★ Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch. • Meat or meat alternate • Choice of Vegetable • Choice of Fruit • Grain/Bread • Choice of Milk - 1% white and chocolate <p>Daily Fruit Choices May include: Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges</p> <p>WEEKLY ALTERNATIVES</p>  <ul style="list-style-type: none"> ★ BRAVO BAR OF THE WEEK • Cheffresh Entree of the week! • Fresh Salad of the week!  <p>DAILY ENTREE OPTIONS MAY INCLUDE:</p> <ul style="list-style-type: none"> • Bravo Bars • Cheffresh Salad • Cheffresh Sandwich or Wrap • Cheeseburger • Hamburger • Chicken Patty Sandwich • Spicy Chicken Patty Sandwich • Cheese Pizza • Pepperoni Pizza • AND MORE!  <p>Student: Free Reduced: Free Adult: \$4.05</p> <p>General Manager: Phone Number: 724-752-1591 Ext. 3020 Phone Number: metz@ecascdk12.org</p> <p>USDA IS AN EQUAL OPPORTUNITY EMPLOYER</p> <p>ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY</p>	Monday September-4	Tuesday September-5	Wednesday September-6	Thursday September-7	Friday September-8	
	PIZZA CRAVEABLE					
	NO SCHOOL	Entrée	Entrée	Entrée	Entrée	Entrée
		Popcorn Chicken & WG Roll	BBQ Ribby Sandwich on a WG Bun	Chicken Sandwich on a WG Bun	Chicken Sandwich on a WG Bun	Cheese Pizza
		Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
		Seasoned Rice Green Beans Featured Fruit Choice of Milk	Parsley Buttered Potatoes Mixed Vegetables Featured Fruit Choice of Milk	Pasta Salad Baked Beans Featured Fruit Choice of Milk	Pasta Salad Baked Beans Featured Fruit Choice of Milk	Seasoned Corn Red Pepper Strips Featured Fruit Choice of Milk
	September-11	September-12	September-13	September-14	September-15	
	YOGURT CRAVEABLE					
	Entrée	Entrée	Entrée	Entrée	Entrée	Entrée
Meatball Sub on a WG Hoagie Bun	Nacho Grande w/ Tortilla Chips	Popcorn Chicken Mashed Potato Bowl w/ WG Roll	WG Pasta w/ Meatballs w/Roll	WG Pasta w/ Meatballs w/Roll	Potato & Cheese Pierogi w/ Cheese Sauce	
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	
Glazed Carrots Italian Side Salad Featured Fruit Choice of Milk	Seasoned Rice Cucumber Slices Featured Fruit Choice of Milk	Golden Corn Mashed Potatoes & Gravy Featured Fruit Choice of Milk	Lemon Parmesan Broccoli Caesar Side Salad Featured Fruit Choice of Milk	Lemon Parmesan Broccoli Caesar Side Salad Featured Fruit Choice of Milk	Steamed Peas Red Pepper Strips Featured Fruit Choice of Milk	
September-18	September-19	September-20	September-21	September-22		
NACHO CRAVEABLE						
Entrée	Entrée	Entrée	Entrée	Entrée	Entrée	
Jazzed Up Fries	Walking Taco	Hot Dog on a WG Bun	Chicken Alfredo over WG Pasta w/Roll	Chicken Alfredo over WG Pasta w/Roll	Chicken Sandwich on a WG Bun	
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	
Cheesy Broccoli Cucumber Slices Featured Fruit Choice of Milk	Tater Tots Seasoned Corn Featured Fruit Choice of Milk	Fries Mixed Vegetables Featured Fruit Choice of Milk	Glazed Carrots Celery Sticks Featured Fruit Choice of Milk	Glazed Carrots Celery Sticks Featured Fruit Choice of Milk	Buttered Noodles Baked Beans Featured Fruit Choice of Milk	
September-25	September-26	September-27	September-28	September-29		
BREADSTICK CRAVEABLE						
Entrée	Entrée	Entrée	Entrée	Entrée	Entrée	
Cheeseburger on a WG Bun	Tot Chos w/Taco Meat & Cheese Sauce over Tots	Chicken & Gravy over WG Biscuit	WG Pasta w/ Meat Sauce & Roll	WG Pasta w/ Meat Sauce & Roll	Toasted 3 Cheese Sandwich	
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	
Cheesy Broccoli Potato Wedges Featured Fruit Choice of Milk	Seasoned Corn Tater Tots Featured Fruit Choice of Milk	Glazed Carrots Red Pepper Strips Featured Fruit Choice of Milk	Steamed Peas Side Salad Featured Fruit Choice of Milk	Steamed Peas Side Salad Featured Fruit Choice of Milk	Tomato Soup Mixed Vegetables Featured Fruit Choice of Milk	
October-2	October-3	October-4	October-5	October-6		
WALKING TACO CRAVEABLE						
Entrée	Entrée	Entrée	Entrée	Entrée	Entrée	
Mini Corn Dogs	Beef Taco on a WG Tortilla	Popcorn Chicken Mashed Potato Bowl w/Roll	Macaroni & Cheese w/ Bacon	Macaroni & Cheese w/ Bacon	Homemade Cheese Pizza	
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	
Fries Cheesy Broccoli Featured Fruit Choice of Milk	Seasoned Rice Mixed Vegetables Featured Fruit Choice of Milk	Golden Corn Mashed Potatoes & Gravy Featured Fruit Choice of Milk	Seasoned Green Beans Baby Carrots Featured Fruit Choice of Milk	Seasoned Green Beans Baby Carrots Featured Fruit Choice of Milk	Parsley Buttered Potatoes Celery Sticks w/ Ranch Featured Fruit Choice of Milk	
October-9	October-10	October-11	October-12	October-13		
NACHO CRAVEABLE						
NO SCHOOL	Entrée	Entrée	Entrée	Entrée	Entrée	
	Chicken Tenders w/ WG Roll	Chicken Teriyaki w/ Fried Rice	WG Pasta w/ Meatballs & Roll	WG Pasta w/ Meatballs & Roll	Pulled Pork & Cheddar Sandwich	
	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	
	Seasoned Corn Cucumber Slices Featured Fruit Choice of Milk	Fried Rice Red Pepper Strips Featured Fruit Choice of Milk	Green Beans Baby Carrots Featured Fruit Choice of Milk	Green Beans Baby Carrots Featured Fruit Choice of Milk	Mixed Vegetables Fries Featured Fruit Choice of Milk	