

October-November  
2022



# Ellwood City Area School District Elementary Lunch Menu



**Monday**  
10/3/22

**Taco Tuesday**  
10/4/22

**Wednesday**  
10/5/22

**Pasta Thursday**  
10/6/22

**Friday**  
10/7/22

## NACHO CRAVEABLE

Entrée	Entrée	Entrée	Entrée	Entrée
French Toast Sticks w/Sausage Links	Beef or Chicken Taco on WG Tortilla	Popcorn Chicken Mashed Potato Bowl	Macaroni & Cheese w/ WG Dinner Roll	Personal Pan Pizza
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Hash browns	Corn & Black Bean Salad	Golden Corn	Green Beans	Cheesy Broccoli
Cherry Tomatoes	Cheesy Refried Beans	Mashed Potatoes w/gravy	Italian Salad	Pasta Salad
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

**10/10/22**

**10/11/22**

**10/12/22**

**10/13/22**

**10/14/22**

## PIZZA CRAVEABLE

Entrée	Entrée	Entrée	Entrée	Entrée
NO SCHOOL Columbus Day	Walking Taco	BBQ Pork Sandwich on WG Bun	Pasta & Meatballs w/ WG Breadstick	Potato & Cheese Pierogi w/ Cheese Sauce
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
	Spanish Rice	Mixed Vegetables	Steamed Broccoli	Steamed Peas
	Lettuce & Tomato Cup	Cole Slaw	Side Caesar Salad	Celery Sticks with Ranch
	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

**10/17/22**

**10/18/22**

**10/19/22**

**10/20/22**

**10/21/22**

## WALKING TACO CRAVEABLE

Entrée	Entrée	Entrée	Entrée	Entrée
Italian Meatball Sub on a WG Hoagie	Chicken & Cheese Quesadilla	Chicken Tenders W / WG Roll	WG Penne Pasta and Meatsauce with WG Breadstick	Toasted 3 Cheese Sandwich
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Parsley Buttered Potatoes	Seasoned Black Beans	Steamed Broccoli	Steamed Peas	Tomato Soup
Baby Carrots	Lettuce & Tomato Cups	Red Pepper Strips	Side Salad	Seasoned Curly Fries
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

**10/24/22**

**10/25/22**

**10/26/22**

**10/27/22**

**10/28/22**

## YOGURT & CHEESE CRAVEABLE

Entrée	Entrée	Entrée	Entrée	Entrée
BBQ Ribby Sandwich	Nacho Grande w/ Tortilla Chips	Popcorn Chicken Mashed Potato Bowl	WG Spaghetti & Meat Sauce w/ WG Breadstick	Shredded Pork Tacos
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Steamed Broccoli	Seasoned Bean Dip	Steamed Corn	Steamed Carrots	Tater Tots
Baby Carrots	Lettuce & Tomato Cup	Mashed Potatoes and Gravy	Side Salad	Cole Slaw
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

**10/31/22**

**11/1/22**

**11/2/22**

**11/3/22**

**11/4/22**

## ITALIAN CRAVEABLE

Entrée	Entrée	Entrée	Entrée	Entrée
Jazzed up Fries w/WG Roll	Buffalo Chicken Dip w/ Tortilla Chips	Cheese Burger on a WG Bun	WG Rotini & Meatballs w/ WG Breadstick	French Bread Pizza
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Cheesy Broccoli	Mexican Corn	Baked Beans	California Blend	Peas & Carrots
Cucumber Slices	Cherry Tomatoes	Tomato and Onion Salad	Italian Salad	Broccoli Florets with Ranch
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

**11/7/22**

**11/8/22**

**11/9/22**

**11/10/22**

**11/11/22**

## BREADSTICK CRAVEABLE

Entrée	Entrée	Entrée	Entrée	Entrée
Philly Cheese Steak Sandwich with Onions and Peppers	Tot Chos w/ Taco Meat & Cheese Sauce over Tots	Chicken Gravy over WG Biscuit	Chicken Parm Sandwich on a WG Bun	Italian Dunkers w/ Dipping Sauce
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Steamed Corn	Baked Beans	Steamed Carrots	Green Beans	Steamed Broccoli
Celery Sticks with Ranch	Lettuce & Tomato Cup	Red Pepper Strips	Side Caesar Salad	Sliced Cucumbers
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

- ★ **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

### Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges



### DAILY ALTERNATIVES



- Craveable of the week!
  - Fresh Chef Salad!
- Chicken Nuggets with WG Roll



### Lunch Prices:

Student: Free  
Reduced: Free  
Adult: \$4.05

### General Manager:

Phone Number:  
724-752-1591 Ext. 3020

Email:  
metz@ecask12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY