

August-2022

Ellwood City Area School District Elementary Lunch Menu



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 Tenders with WG Roll



Lunch Prices:

Student: Free
Reduced: Free
Adult: \$4.05

General Manager:

Phone Number:
724-752-1591 Ext. 3020

Email:
metz@ecasd12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

Monday August-22		Tuesday August-23	Wednesday August-24	Thursday August-25	Friday August-26
NACHO CRAVEABLE - OR - CHEF SALAD					
		Entrée Chicken Parmesan Sandwich on WG Bun	Entrée Cheeseburger on WG Bun	Entrée Homemade Pepperoni Pizza	
		Featured Veggies Golden Corn Mashed Potatoes w/gravy Featured Fruit Choice of Milk	Featured Veggies Curly Fries BBQ Baked Beans Featured Fruit Choice of Milk	Featured Veggies Cheesy Broccoli Italian Side Salad Featured Fruit Choice of Milk	
		August-29		August-30	
WALKING TACO CRAVEABLE - OR - CHEF SALAD					
Entrée Popcorn Chicken Bowl w/WG Roll		Entrée Pierogies w/WG Roll	Entrée Sweet Chili Chicken w/Fried Rice	Entrée Meatball Hoagie on WG Roll	
Featured Veggies Golden Buttered Corn Mashed Potatoes w/gravy Featured Fruit Choice of Milk		Featured Veggies Sautéed Peppers and Onions Cucumber Salad Featured Fruit Choice of Milk	Featured Veggies Fried Rice Mixed Vegetables Featured Fruit Choice of Milk	Featured Veggies Potato Wedges Chickpea Salad Featured Fruit Choice of Milk	
September-5		September-6		September-7	
PIZZA CRAVEABLE - OR - CHEF SALAD					
		Entrée Walking Taco	Entrée Baked Chicken w/WG Roll	Entrée Big MEC on WG Bun	Entrée Homemade Cheese Pizza
		Featured Veggies Mexicali Corn Spanish Rice Featured Fruit Choice of Milk	Featured Veggies Creamy Coleslaw BBQ Baked Beans Featured Fruit Choice of Milk	Featured Veggies Curly Fries Green Peas Featured Fruit Choice of Milk	Featured Veggies Cheesy Broccoli Honey & Cinnamon Sweet Potato Featured Fruit Choice of Milk
		September-12		September-13	
YOGURT & CHEESE CRAVEABLE - OR - CHEF SALAD					
Entrée Cheeseburger Mac & Cheese Bowl w/WG Roll		Entrée General Tso's	Entrée Buffalo Chicken Strips w/WG Roll	Entrée Roast Beef and Cheddar on WG Flat Bread	Entrée Mozzarella Stuffed Pizza Sticks w/Dipping Sauce
Featured Veggies Tater Tots Green Peas Featured Fruit Choice of Milk		Featured Veggies Mixed Veggies Buttered Corn Featured Fruit Choice of Milk	Featured Veggies Green Beans Chickpea Salad Featured Fruit Choice of Milk	Featured Veggies Side Salad Wedge Fries Featured Fruit Choice of Milk	Featured Veggies Cheesy Broccoli Golden Corn Featured Fruit Choice of Milk
September-19		September-20		September-21	
ITALIAN CRAVEABLE - OR - CHEF SALAD					
Entrée Jazzed up Fries w/WG Roll		Entrée Pasta & Meatballs w/WG Breadstick	Entrée Chicken Teriyaki and Fried Rice	Entrée Hamburger on WG Roll	Entrée Homemade Buffalo Chicken Pizza
Featured Veggies Straight Cut Fries Creamy Coleslaw Featured Fruit Choice of Milk		Featured Veggies Broccoli Italian Side Salad Featured Fruit Choice of Milk	Featured Veggies Mixed Veggies Fried Rice Featured Fruit Choice of Milk	Featured Veggies BBQ Baked Beans Onion Rings Featured Fruit Choice of Milk	Featured Veggies Side Caesar Salad Buttered Carrot Featured Fruit Choice of Milk
September-26		September-27		September-28	
BREADSTICK CRAVEABLE - OR - CHEF SALAD					
Entrée Big MEC Tot Bowl w/WG Roll		Entrée Sweet N' Sour Chicken over Brown Rice	Entrée Chicken Gravy over WG Biscuit	Entrée Philly Cheesesteak Hoagie on WG Roll	Entrée French Pizza
Featured Veggies Tater Tots Side Salad Featured Fruit Choice of Milk		Featured Veggies Mixed Veggies Fried Rice Featured Fruit Choice of Milk	Featured Veggies Mashed Potatoes w/gravy Green Beans Featured Fruit Choice of Milk	Featured Veggies Sautéed Peppers and Onions Wedge Fries Featured Fruit Choice of Milk	Featured Veggies Potato Soup Chickpea Salad Featured Fruit Choice of Milk