



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 Nuggets with WG Roll



Lunch Prices:

Student: Free
Reduced: Free
Adult: \$4.05

General Manager:
Phone Number:
724-752-1591 Ext. 3020
Email:
metz@ecasdk12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

Monday 11/14/22	Taco Tuesday 11/15/22	Wednesday 11/16/22	Pasta Thursday 11/17/22	Friday 11/18/22
NACHO CRAVEABLE				
Entrée French Toast Sticks w/Sausage Links	Entrée Beef Taco on a Tortilla	Entrée Baked Chicken	Entrée Macaroni & Cheese w/ Dinner Roll	Entrée Personal Pan Pizza
Featured Veggies Hash browns	Featured Veggies Corn & Black Bean Salad	Featured Veggies Green Beans	Featured Veggies Green Beans	Featured Veggies 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
11/21/22	11/22/22	11/23/22	11/24/22	11/25/22
PIZZA CRAVEABLE				
Entrée Chicken Sandwich on a Bun	Entrée Walking Taco	Entrée Thanksgiving Break		Entrée No School
Featured Veggies Baked Beans	Featured Veggies Spanish Rice			
Sliced Cucumbers	Lettuce & Tomato Cup			
Featured Fruit	Featured Fruit			
Choice of Milk	Choice of Milk			
11/28/22	11/29/22	11/30/22	12/1/22	12/2/22
WALKING TACO CRAVEABLE				
	Entrée Chicken & Cheese Quesadilla	Entrée Chicken Tenders W / Roll	Entrée Meatball Sub	Entrée Toasted Cheese Sandwich
	Featured Veggies Seasoned Black Beans	Featured Veggies Steamed Broccoli	Featured Veggies Steamed Peas	Featured Veggies Tomato Soup
	Lettuce & Tomato Cups	Red Pepper Strips	Side Salad	Seasoned Curly Fries
	Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
12/5/22	12/6/22	12/7/22	12/8/22	12/9/22
YOGURT & CHEESE CRAVEABLE				
Entrée BBQ Pork Sandwich	Entrée Nacho Grande w/ Tortilla Chips	Entrée Popcorn Chicken Mashed Potato Bowl	Entrée Pasta & Meat Sauce w/ a Breadstick	Entrée Homemade Cheese Pizza
Featured Veggies Steamed Broccoli	Featured Veggies Seasoned Bean Dip	Featured Veggies Steamed Corn	Featured Veggies Steamed Carrots	Featured Veggies Side Salad
Baby Carrots	Lettuce & Tomato Cup	Mashed Potatoes and Gravy	Side Salad	Red Pepper Strips
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
12/12/22	12/13/22	12/14/22	12/15/22	12/16/22
ITALIAN CRAVEABLE				
Entrée Jazzed up Fries w/WG Roll	Entrée Buffalo Chicken Dip w/ Tortilla Chips	Entrée Cheese Burger on a Bun	Entrée Pasta & Meatballs w/ a Breadstick	Entrée French Bread Pizza
Featured Veggies Cheesy Broccoli	Featured Veggies Mexican Corn	Featured Veggies Baked Beans	Featured Veggies California Blend	Featured Veggies 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
12/19/22	12/20/22	12/21/22	12/22/22	12/23/22
BREADSTICK CRAVEABLE				
Entrée Philly Cheese Steak Sandwich with Onions and Peppers	Entrée Tot Chos w/ Taco Meat & Cheese Sauce over Tots	Entrée Chicken Gravy over Biscuit	Entrée Chicken Patty Sandwich	Entrée Holiday Break
Featured Veggies Steamed Corn	Featured Veggies Baked Beans	Featured Veggies Steamed Carrots	Featured Veggies Green Beans	
Celery Sticks with Ranch	Lettuce & Tomato Cup	Red Pepper Strips	Side Caesar Salad	
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	