

October 2025

ELS LUNCH MENU

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 Breaded Mozzarella Sticks W/ Marinara Green Beans Diced Pears Milk	2 WG Cheese Quesadilla W/ Sour Cream Corn Diced Pineapple Milk	3 Macaroni and Cheese Lima Beans Mixed Fruit WW Roll Milk	4	
	5	6 Beef & Cheese Taco Corn Diced Pears Milk	7 Chicken Sandwich on WW Bun Tater Tots Mandarin Oranges Milk	8 Pepperoni Pizza Sticks Green Beans Diced Peaches Milk	9 BBQ Meatballs Lima Beans Mixed Fruit WG Hush Puppies Milk	10 ECE Closed for TWD K-8 Closed Fall Break	11
	12 ~ We use only flash frozen vegetables ~	13 Cheeseburger on WW Bun Green Beans Diced Pineapple Milk	14 Chicken Fries Peas Diced Peaches WW Roll Milk	15 Fish Stars Lima Beans Mandarin Oranges WW Roll Milk	16 Bean and Cheese Pupusa W/ Sour Cream Corn Diced Pears Milk	17 Cheese Omelet Hash Brown Mixed Fruit WG Biscuit Milk	Fluid Milk: 1 year old: unflavored whole milk 2-5 year old: unflavored fat-free (skim) or low-fat (1%) milk
	~ Children under two years old will be offered cooked carrots when menu says raw baby carrots ~	20 WG Pancakes Turkey Sausage Patty Hash Brown Diced Peaches Milk	21 Meat Lasagna Green Beans Diced Pineapple WW Roll Milk	22 Breaded Mozzarella Sticks W/ Marinara Lima Beans Diced Pears Milk	23 Grilled Chicken Nuggets Fried Rice W/ Mixed Vegetables Mixed Fruit WW Roll Milk	24 Hot Ham and Cheese WG Sliders Fresh Baby Carrots Fresh Banana Slice Milk	Breastmilk may be substituted for cow's milk Non-Dairy Beverages may be served with appropriate documentation
	26	27 Fish Stars Lima Beans Mandarin Oranges WW Roll Milk	28 Chicken Breast Patty WG Waffle Corn Diced Peaches Milk	29 WG Pepperoni Pizza Stick Peas Diced Pineapple Milk	30 BBQ Meatballs Green Beans Diced Pears WG Hush Puppies Milk	31 Cheeseburger on WW Bun Tater Tots Mixed Fruit Milk	Juice, if served, is pasteurized full strength (100%) juice WG, WW and WGR indicate whole grain-rich foods