

October Intermediate Lunch Menu

LUNCH PRICE (includes milk): Full price=\$3.00; Reduced price=\$0.40

A la carte drink (without lunch purchase) .50¢

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>1</p> <ul style="list-style-type: none"> * Macaroni and Cheese with <i>Texas Toast!</i> * Fruit and Yogurt Parfait Cup with <i>Strawberry Chex!</i> * Spicy Chicken Patty Sandwich * Chicken Caesar Salad * Deep Dish Cheese Pizza <p>Corn, Side Salad, Fruit</p> | <p>2</p> <ul style="list-style-type: none"> * Taco Nada with <i>Spanish Rice!</i> * Cheeseburger * Stuffed Mozzarella Sticks * Turkey and Cheese Sub ** Pepperoni Pizza Slice <p>Dessert: Chocolate Brownie!</p> <p>Sweet Beans, Side Salad, Fruit</p> | <p>3</p> <ul style="list-style-type: none"> ** Breakfast For Lunch (<i>Eggs with bacon and cheese, pancakes, and a hash brown!</i>) * Beef & Cheese Tamale * Chicken Patty Sandwich * Asian Chicken Salad * Cheese Bites w/ Marinara <p>Green Beans, Side Salad, Fruit</p> | <p>4</p> <ul style="list-style-type: none"> * Bean & Cheese Burrito * Teriyaki Chicken Bowl * All-Beef Hot Dog with <i>BBQ Baked Chips!</i> * Spicy Ranch Chicken Wrap ** Pepperoni Pizza Slice <p>Broccoli, Side Salad, Fruit</p> | <p>5</p> <ul style="list-style-type: none"> * Chili Cheese Nachos * Chicken Strips w/ <i>Tater Tots!</i> * WOWButter & Grape Jelly Sandwich (<i>Nut-Free!</i>) * Taco Salad w/ Chips * Deep Dish Cheese Pizza <p>Capri Sun (100% Fruit Juice!)</p> <p>Baby Carrots, Side Salad, Fruit</p> |
| <p>No School - NON-STUDENT DAY</p> <p>Visit us on the web at:</p> <p>www.ESDChildNutrition.com</p> | <p>9</p> <ul style="list-style-type: none"> * Grilled Chicken Sandwich (<i>with Cheese, Lettuce, Tomato!</i>) * Beef Soft Tacos * Chicken Egg Roll with <i>Crispy Chow Mein Noodles!</i> * Ham and Cheese Sub ** Pepperoni Pizza Slice <p>Pinto Beans, Side Salad, Fruit</p> | <p>10</p> <ul style="list-style-type: none"> * Orange Chicken Bowl * Cheeseburger * Fruit and Yogurt Parfait Cup with <i>Cinnamon Granola!</i> * Popcorn Chicken Caesar Salad * Cheese Bites w/ Marinara <p>Romaine Side Salad, Fruit</p> | <p>11</p> <ul style="list-style-type: none"> * Mesquite BBQ Drumsticks with <i>Corn Star!</i> * Meatball Sub * Beef Nachos * Spicy Ranch Chicken Wrap ** Pepperoni Pizza Slice <p>Baby Carrots, Side Salad, Fruit</p> | <p>12</p> <ul style="list-style-type: none"> * Spaghetti w/ Meat Sauce with <i>Garlic Knot!</i> * Baja Fish Sticks with <i>Oven Fries!</i> * All-Beef Pretzel Dog * Taco Salad w/ Chips * Deep Dish Cheese Pizza <p>Edamame, Side Salad, Fruit</p> |
| <p>15</p> <ul style="list-style-type: none"> * Chicken Strips w/ <i>Couscous!</i> * All-Beef Hot Dog w/ <i>Tater Tots!</i> * Fruit and Yogurt Parfait Cup with <i>Strawberry Chex!</i> * Chicken Caesar Salad * Deep Dish Cheese Pizza <p>National School Lunch Giveaway!</p> <p>Corn, Side Salad, Fruit</p> | <p>16</p> <ul style="list-style-type: none"> * Popcorn Chicken with <i>Onion Rings!</i> * Spicy Chicken Bowl * Bean & Cheese Chimi Nada * Turkey and Cheese Sub ** Pepperoni Pizza Slice <p>Broccoli, Side Salad, Fruit</p> | <p>17</p> <ul style="list-style-type: none"> * Chili Cheese Fries * Cheeseburger * Green Chicken Tamale * Asian Chicken Salad * Cheese Bites w/ Marinara <p>Dessert: Apple Fruit Pocket!</p> <p>Sweet Beans, Side Salad, Fruit</p> | <p>18</p> <ul style="list-style-type: none"> * Stuffed Mozzarella Sticks * Macaroni and Cheese with <i>Texas Toast!</i> * Chicken Patty Sandwich * Spicy Ranch Chicken Wrap ** Pepperoni Pizza Slice <p>Green Beans, Side Salad, Fruit</p> | <p>19</p> <ul style="list-style-type: none"> ** Breakfast For Lunch (<i>Eggs with bacon and cheese, pancakes, and a hash brown!</i>) * Pepperoni & Cheese Calzone * Bean & Cheese Burrito * Taco Salad w/ Chips * Deep Dish Cheese Pizza <p>Baby Carrots, Side Salad, Fruit</p> |
| <p>22</p> <ul style="list-style-type: none"> * Popcorn Chicken Bowl * Corn Dog * WOWButter & Grape Jelly Sandwich (<i>Nut-Free!</i>) * Chicken Caesar Salad * Deep Dish Cheese Pizza <p>Green Beans, Side Salad, Fruit</p> | <p>23</p> <ul style="list-style-type: none"> * Teriyaki Beef Bowl * Meatball Sub * Chicken Egg Roll with <i>Crispy Noodles!</i> * Ham and Cheese Sub ** Pepperoni Pizza Slice <p>Dessert: Chocolate Chip Cookie</p> <p>Baby Carrots, Side Salad, Fruit</p> | <p>24</p> <ul style="list-style-type: none"> * Fruit and Yogurt Parfait Cup with <i>Cinnamon Granola!</i> * Baja Fish Sticks with <i>Cole Slaw!</i> * Spicy Chicken Patty Sandwich * Chef Salad * Cheese Bites w/ Marinara <p>Romaine Side Salad, Fruit</p> | <p>25</p> <ul style="list-style-type: none"> * Cheese Ravioli with <i>Garlic Knot!</i> * Orange Chicken Bowl * Chicken & Cheese Quesadilla * Spicy Ranch Chicken Wrap ** Pepperoni Pizza Slice <p>Pinto Beans, Side Salad, Fruit</p> | <p>26</p> <ul style="list-style-type: none"> * Mesquite BBQ Drumsticks with <i>Corn Star!</i> * Cheeseburger with <i>French Fries!</i> * All-Beef Pretzel Dog * Taco Salad w/ Chips * Deep Dish Cheese Pizza <p>Corn, Side Salad, Fruit</p> |
| <p>29</p> <ul style="list-style-type: none"> * Macaroni and Cheese with <i>Texas Toast!</i> * Fruit and Yogurt Parfait Cup with <i>Strawberry Chex!</i> * Spicy Chicken Patty Sandwich * Chicken Caesar Salad * Deep Dish Cheese Pizza <p>Corn, Side Salad, Fruit</p> | <p>30</p> <ul style="list-style-type: none"> * Taco Nada with <i>Spanish Rice!</i> * Cheeseburger * Stuffed Mozzarella Sticks * Turkey and Cheese Sub ** Pepperoni Pizza Slice <p>Dessert: Chocolate Brownie!</p> <p>Sweet Beans, Side Salad, Fruit</p> | <p>HAPPY HALLOWEEN!</p> <ul style="list-style-type: none"> ** Breakfast For Lunch * Beef & Cheese Tamale * Chicken Patty Sandwich * Asian Chicken Salad * Cheese Bites w/ Marinara <p>Dessert: Halloween Cookie!</p> <p>Green Beans, Side Salad, Fruit</p> |  | |

USDA Lunch requires students to take 3 of 5 food items, one being a fruit or vegetable. Lunch: \$3.00, includes your choice of milk.

National School Lunch Week:
Oct 15 - Oct 19

How to pay: Students may bring cash or check. Students may also fund their account via cash or check at anytime. Or, visit www.ezschoolpay.com to use our on-line service: View your students balance and/or make payments. Student's ID# is available from the kitchen manager or school office.

Menu subject to change without notice

Fresh Fruit Offered Daily!

** Contains or may contain pork

This institution is an equal opportunity provider.