# Earle Elementary Schools Lunch Menu

Fruit and Vegetables offered with each meal.

October 2021

Chopped Steak with Gravy Whole Grain Dinner Roll

Crispy Chicken Wrap

Mashed Potatoes Peas & Carrots

Crispy Chicken Nuggets Bread Stick Golden French Fries

Honey Mustard Ham Wrap

**Baby Carrots** 

Soft Beef Tacos Lettuce, Tomato and Cheese

Yogurt Pak with Pretzel Bites

Spicy Pinto Beans Red Peppers Diced Chicken & Gravy Whole Grain Dinner Roll

Beef Taco Salad

Mashed Potatoes Broccoli Florets \*\*Cookie\*\* Cheeseburger on Bun Pickle Slice

Turkey BLT Salad

Golden French Fries Glazed Carrots Chicken Sandwich on Bun

Pizza Munchable

Golden French Fries Baked Beans

Sloppy Joe on a Bun

Chef Salad

Baby Carrots Green Beans Popcom Chicken Bowl

Turkey BLT Salad

Mashed Potato w/ Gravy Steamed Corn Red Peppers Macaroni and Cheese Entree Garlic Breadstick

**Turkey Munchable** 

Steamed Carrots

BBQ Pork Sandwich Hamburger on a Bun

Chicken Caesar Salad Steamed Corn Kettle Potato Chips Cheese Pizza

Tuna salad sandwich

Mexican Corn Cucumber Ranch Salad

Spaghetti and Meatsauce Green Beans Garlic Breadstick

Pizza Munchable

Pancakes Easy Egg Bake

Cold Entree Salad Cold Sandwich/Wrap

Breakfast Potatoes Celery Sticks **BBQ** Chicken Sandwich

Cold Entree Salad Cold Sandwich/Wrap

Steamed Carrots Broccoli Florets Stromboli

Cold Entree Salad Cold Sandwich/Wrap

Romaine Lettuce Cucumber Slices Chicken Bites with Sweet and Sour Sauce Brown Rice

Cold Entree Salad Cold Sandwich/Wrap

Steamed Carrots Celery Sticks

Hotdog on Whole Grain Bun

Cold Entree Salad Cold Sandwich/Wrap

Baked Beans Cucumber Slices Crispy Chicken Tenders Whole Grain Dinner Roll

Cold Entree Salad Cold Sandwich/Wrap

Steamed Com Baby Carrots Casserole/Bake Choice Rip Stick Breadstick

Cold Entree Salad Cold Sandwich/Wrap

Roasted Cauliflower Romaine Lettuce Cherry Tomato Hot Ham & Cheese Sandwich

Cold Entree Salad Cold Sandwich/Wrap

Cauliflower Floret Maple Roasted Apples & Carrots Cheese Pizza

Cold Sandwich/Wrap Cold Entree Salad

Steamed Green Beans Red Peppers

Lunch

FREE

Adult Lunch

\$4.30

Extra Milk \$0.50

Milk choice of 1% white or chocolate is included with a meal.

For more information or questions contact Kim Washington, Food Service Director



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October

TUESDAY THURSDAY

Sausage Breakfast Biscuit

Apple Juice 1% Milk

Mini Pancakes

Fruit

1% Milk

Strawberry Banana Yogurt Graham Crackers

Fresh Mixed Fruit

1% Milk

Mini Eggo Waffles

Apple Juice

1% Milk

Cinnamon Cream Cheese Filled Bagel

Fruit

1% Milk

Egg & Cheese Breakfast

Orange Juice

1% Milk

Cinnamon Pop-Tart

Cheese Stick

Canned Fruit

1% Milk

Yogurt Cup Graham Crackers

Fruit

1% Milk

Sausage Cheese Biscuit

Apple Juice

1% Milk

Blueberry Loaf Cheese Stick

Fruit

1% Milk

Mini Pancakes Syrup

Orange Juice

1% Milk

Strawberry Banana Yogurt

Fresh Mixed Fruit

1% Milk

Choice of Cereal Graham Crackers

Apple Juice

1% Milk

Cinnamon Roll

Canned Fruit

1% Milk

Southern Chicken Biscuit

Apple Juice

1% Milk

Cinnamon Pop-Tart Cheese Stick

Canned Fruit

1% Milk

Choice of Cereal **Graham Crackers** 

Apple Juice

1% Milk

Banana Chocolate Loaf Cheese Stick

Fruit

1% Milk

Egg & Cheese Breakfast Sandwich

Orange Juice

1% Milk

Cinnamon Pop-Tart Yogurt cup

Canned Fruit

1% Milk

Yogurt Cup Graham Crackers

1% Milk

Adult Breakfast

FREE \$2.50 Extra Milk \$0.50

Milk choice of 1% white or chocolate is included with a meal. For more information or questions contact Kim Washington, Food Service Director



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#### Earle High School/Junior High Breakfast Menu

Eat fruit and vegetables daily!

October 2021

Breakfast Pizza Cinnamon Roll Fruit This is for Food 4 Thought 1% Milk Sausage Breakfast Biscuit Mini Pancakes Bacon, Egg & Cheese on English Muffin Breakfast Pizza Cheesy Ham Melt Syrup Choice of Cereal Pop Tart French Toast Loaf **Graham Crackers** Cinnamon Cream Cheese Choice of Cereal Cheese Stick Cheese Stick Filled Bagel **Graham Crackers** Apple Juice Canned Fruit Apple Juice Fruit Canned Fruit 1% Milk 1% Milk 1% Milk 1% Milk 1% Milk Bacon, Egg & Cheese Pancake on a Stick Breakfast Burrito Sausage Cheese Biscuit Sausage Breakfast Biscuit Sandwich Pop Tart Yogurt Cup Cheese Stick Choice of Cereal Choice of Cereal Graham Crackers Cinnamon Cream Cheese **Graham Crackers Graham Crackers** Filled Bagel Apple Juice Fruit Apple Juice Orange Juice Fruit 1% Milk 1% Milk 1% Milk 1% Milk 1% Milk **FALL BREAK** Egg & Cheese Breakfast Mini Eggo Waffles Breakfast Pizza Pancake on a Stick French Toast Loaf Sandwich Cheese Stick Cheese Stick Pop Tart Golden Grahams Cereal Bar Graham Crackers Cheese Stick Fruit Cinnamon Cream Cheese Filled Bagel Orange Juice Canned Fruit Fresh Mixed Fruit 1% Milk Canned Fruit 1% Milk 1% Milk 1% Milk Sausage & Egg on English Fiesta Egg & Cheese Sandwich Pancake on a Stick Cheesy Ham Melt Egg & Cheese Breakfast Golden Grahams Cereal Bar French Toast Loaf Cinnamon Pop-Tart Strawberry Yogurt Cheese Stick Cheese Stick Graham Crackers Cinnamon Cream Cheese Fresh Mixed Fruit Apple Juice Filled Bagel Canned Fruit Orange Juice 1% Milk 1% Milk Canned Fruit 1% Milk 1% Milk



Breakfast Adult Breakfast Extra Milk FREE \$2.50 \$0.50

Contact Kim Washington with questions



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Enjoy and fruit and vegetable today with each meal



25

Classic Cafe Chicken and Gravy, Mashed

**Potatoes** 

Grab and Go Caesar Salad, Whole Grain

Dinner Roll

Classic Cafe Hamburger on a Bun, Spicy Pinto

Beans, Homemade Chocolate Chip

Cookie

Grab and Go Chef Salad, Whole Grain

Dinner Roll

26

Classic Cafe Chicken Nachos & Canned Cheese

Sauce, Lettuce, Tomato and Cheese,

Refried Beans

Grill Grilled Chicken Sandwich,

**Tater Tots** 

29

Grill Sloppy Joe on a Bun, Golden

French Fries

Grab and Go Crispy Chicken Salad, Whole Grain

Dinner Roll

Pizza Cheese or BBQ Chicken Pizza

Grill Crispy Chicken Nuggets, Golden French Fries, Whole Grain Dinner

Roll



Contact Kim Washington, food service director, with any questions





Enjoy and fruit and vegetable today with each meal



18

Pizza Cheeseburger, Potato Oles

Grab and Go Chef Salad with Fruit & Roll, **Bread Stick** 

21

Pizza Cheese or BBQ Chicken Pizza

Grill Crispy Chicken Nuggets, Golden French Fries, Whole Grain Dinner Roll

19

Classic Cafe Chopped Steak and Gravy, Mashed

Potatoes, Roasted Broccoli, Whole

Grain Dinner Roll

Grab and Go Italian Sub with Fresh Fruit,

**Tater Tots** 

Grill Honey Mustard Ham Wrap, **Kettle Potato Chips** 

Grab and Go Pretzel Dites Top

Cheese PizzA

Classic Cafe Chicken Nachos & Canned Cheese

Sauce, Lettuce, Tomato and Cheese,

Refried Beans

Grill Honey Mustard Chicken Sandwich,

Golden French Fries



Contact Kim Washington, food service director, with any questions





Enjoy and fruit and vegetable today with each meal

14



11 Classic Cafe Crispy Chicken Nuggets, Golden Roll

French Fries, Whole Grain Dinner

Grab and Go Deli Ham Sandwich with Fruit Side

Classic Cafe Sloppy Joe on a Bun, Golden French

Fries, Steamed Corn

Grab and Go

Chicken Caesar Salad with Fruit Side, Whole Grain Dinner Roll

Classic Cafe Baked Potato Bar

Grill Max Stix, Marinara Sauce, **Tater Tots** 

15

Grill Pizza Burger Melt, Potato Wedges,

Steamed Corn

Grab and Go Taco Salad with Fruit

Classic Cafe Lasagna, Garlic Breadstick, Steamed Green Beans

> Grill Spicy Chicken Patty on Bun, Golden French Fries



Contact Kim Washington, food service director, with any questions





Enjoy and fruit and vegetable today with each meal



Pizza Meatlovers Pizza, Golden

French Fries

Grab and Go Crispy Chicken Salad, Garlic

Breadstick

Classic Cafe Pasta Bar you coose Meatballs with

Marinara or Chicken Alfredo,, Garlic

Toast, Caesar Salad

Grab and Go

Chef Salad with Dinner Roll, Whole

Grain Dinner Roll, Fresh Mixed Fruit

Classic Cafe Popcorn Chicken Bowl, Steamed Carrots, Whole Grain Dinner Roll

> Grill BBQ Pulled Pork Sandwich, **Sweet Potato Fries**

Grab and Go Cobb Salad, Whole Grain Dinner

Roll, Fresh Mixed Fruit

Grill Hot Ham & Cheese Flatbread,

Potato Wedges

Pizza Sausage Pizza

Classic Cafe Spicy Chicken Patty on Bun, Golden

French Fries, Peas & Carrots

Contact Kim Washington, food service director, with any questions





Enjoy and fruit and vegetable today with each meal



1

Classic Cafe Taco Bar, Beef or Chicken, Lettuce, Tomato and Cheese, Mexican Corn

**Grab and Go** Turkey ham sandwich, with Fresh Fruit



Contact Kim Washington, food service director, with any questions

