

EHS Hot Lunch Menu/Order Form

Month: October 2017

Student Name: _____

Grade: _____

DAY	DATE	MEAL DESCRIPTION	Select for \$6.00	Select add'l portion for \$2.00	TOTAL
Monday	10/2	Wholesome pasta fagioli soup with garden vegetables and ditalini pasta served with fresh fruit			
Tuesday	10/3	Broccoli quiche served with fresh fruit			
Wednesday	10/4	Turkey chili served with warm corn bread, roasted vegetables, and fresh fruit			
Thursday	10/5	NO SCHOOL			
Friday	10/6	NO SCHOOL			
Monday	10/9	NO SCHOOL			
Tuesday	10/10	Scrambled eggs served with shaved cheddar cheese and homefries drizzled with fresh herb infused olive oil - fruit smoothies			
Wednesday	10/11	Chicken cutlets served with vegetable and fresh fruit			
Thursday	10/12	NO SCHOOL			
Friday	10/13	NO SCHOOL			
Monday	10/16	Rice and beans served with vegetable and fresh fruit			
Tuesday	10/17	Chocolate chip or plain delicious fluffy pancakes with warm maple syrup (must pre-order your choice of pancake) - served with fresh fruit smoothie and a vegetable			
Wednesday	10/18	American chop suey served with a vegetable and fresh fruit			
Thursday	10/19	Rigatoni with cauliflower, garlic and onions in a tomato sauce served with fresh fruit			
Friday	10/20	Pizza bagels served with a crisp salad and fresh fruit			
Monday	10/23	Baked fish served with rice pilaf, a vegetable, and fresh fruit			
Tuesday	10/24	Mixed potato hash with eggs, cheese, tomato, and onion served with fresh fruit			
Wednesday	10/25	Chicken and vegetable stir-fry served with fresh fruit			
Thursday	10/26	Butternut squash soup served with fresh fruit			
Friday	10/27	Two slices of pizza served with crisp caesar salad and fresh fruit			
Monday	10/30	Pasta served with homemade tomato basil marinara, crisp garden salad topped with a homemade dressing, and fresh fruit			
Tuesday	10/31	Yogurt bar with all the fixings, including homemade cinnamon granola, warm mini muffins, croissants, and fruit - vegetable served on the side			
TOTAL					

NOTES:

Remember to make your pancake choice - chocolate chip or plain.

2.00 may be added to the cost of a meal for an additional portion.

Please submit lunch orders to the EHS office by Thursday, September 28th

Checks can be made payable to Cara's Kitchen.