

Eastern Local Schools Breakfast and Lunch Menu February 2019				
4	5	6	7	8
Cook's Choice	Cook's Choice	Cinnamon Swirls	Pancake Sausage on Stick	Bacon & Egg Sandwich
		Apple/Banana/Fruit Cup/Dried Fruit	Apple/Banana /Juice/ Fruit Cup	Apple/Banana /Juice/ Fruit Cup
Cook's Choice	Cook's Choice	Chicken & Noodles - Roll	BBQ Meatballs/Sub Bun	Pizza Boat
		Mashed Potatoes & Gravy/Green Beans	Baked Beans/Cole Slaw	Salad/Corn
				Strawberries
		Apple/Banana/Slushie/Fruit Cup	Apple/Banana/Slushie/Fruit Cup	Apple/Banana/Slushie/Fruit Cup
11	12	13	14	15
Cereal	Mini Cheese Burgers	Sausage Gravy/Biscuit	Bacon & Egg Sandwich	Bacon n Egg Bosco Stick
Apple/Banana/Juice/Fruit Cup	Apple/Banana/Juice/Fruit Cup	Apple/Banana/Juice/Fruit Cup	Apple/Banana/Juice/Fruit Cup	Apple/Banana/Juice/Fruit Cup
Grilled Cheese	"Skyline Chili"- over Spaghetti/Cheese	Baked Steak with Roll	"McRib" Sandwich w/Pickle	Personal Pizza
Tomato Soup	Fries		Baked Beans	Peas
Steamed Broccoli	Carrot Sticks	<i>Mashed Potatoes/Gravy</i>	<i>Cole Slaw</i>	<i>Spinich</i>
Fruit Cup/Apple/Banana/Dried Fruit	Fruit Cup/Apple/Banana/Dried Fruit	Fresh Broccoli/Cauliflower	Fruit Cup/Apple/Banana/Dried Fruit	Fruit Cup/Apple/Banana/Dried Fruit
		Fruit Cup/Apple/Banana/Dried Fruit		
18	19	20	21	22
Cereal	French Toast Sticks	Sausage Pancake Stick	Egg n Cheese Bosco	Pizza for Breakfast
Apple/Banana/Juice/Fruit Cup	Apple/Banana/Juice/Fruit Cup	Apple/Banana/Juice/Fruit Cup	Apple/Banana/Juice/Fruit Cup	Apple/Banana/Juice/Fruit Cup
Rotini Pasta with Meat Sauce and Bread Stick	Chicken Nuggets with Bread Stick	Cheese Burger with Bun	BBQ Chicken Pizza	Stadium Nachos - Taco Meat/Chips/Cheese
	Mashed Potatoes/Gravy	Fries	Turnip Greens	Shredded Lettuce/Tomato Salad
Salad(Lettuce, Carrot, Spinich,Tom)	Green Beans	Roasted Sweet Potato Bites	Corn	Refried Beans
Carrot Sticks	Fruit Cup/Apple/Banana/Dried Fruit	Fruit Cup/Apple/Banana/Dried Fruit	Fruit Cup/Apple/Banana/Dried Fruit	Fruit Cup/Apple/Banana/Dried Fruit
Madarin Oranges/Fruit Cup				
25	26	27	28	1
Cereal/GoGurt	Cheese Stick/Muffin	Breakfast Bosco Stick/Cheese Stick/Cere	Breakfast Tornado/Chs.Stk/Cereal	Mini Cheese Burgers/GoGurt/Cereal
Apple/Banana/Juice/Fruit Cup/Milk	Apple/Banana/Juice/Fruit Cup/Milk	Apple/Banana/Juice/Fruit Cup/Milk	Apple/Banana/Juice/Fruit Cup/Milk	Apple/Banana/Juice/Fruit Cup/Milk
Hamburger/Bun	Home Style Chili with Grilled Cheese	Fish/Bun	Mac n Cheese with Breadstick	Pizza or Fish/Bun
Turnip Greens	Steamed Broccoli	Green Beans	Tomato Soup	Baked Beans
Sweet Potato Fries	Carrot Sticks	Fries	Spinich	Steamed Carrots
Fresh Orange	Peach Cup/Pear Cup/Applesauce Cup/Apple/Banana/Dried Fruit	Peach Cup/Pear Cup/Applesauce Cup/Apple/Banana/Dried Fruit	Peach Cup/Pear Cup/Applesauce Cup/Apple/Banana/Dried Fruit	Peach Cup/Pear Cup/Applesauce Cup/Apple/Banana/Dried Fruit
Peach Cup/Pear Cup/Applesauce Cup/Apple/Banana/Dried Fruit				
Fresh Chicken and Chef Salads served Daily as an option to the Entree. High School may place salad orders with the High School Kitchen to insure availability.	Menu is subject to change. Fat Free and 1% Milk offered Daily for Breakfast and Lunch. Cereal, Juice, and Fruit offered Daily for Breakfast. This Institution is an Equal Opportunity Provider.	Cook's Choice Alternate Entrees are made available daily as an option to to scheduled Entrees.		
	Ranch/French/Italian Dressings/Salsa/Sour Cream/Marinara Sauce/Ketchup/Mustard/BBQ, Sweet & Sour, Humus,Maple Syrup.Offered Daily			








