



# AUGUST 2010

## WELCOME BACK!

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### ALA CARTE PRICES

|                           |        |
|---------------------------|--------|
| Baked Crisp Bar           | \$1.00 |
| Specialty Salad           | \$2.40 |
| Chips                     | \$1.00 |
| Deli Sandwich             | \$2.40 |
| Entrée Special of the Day | \$2.40 |
| Fresh Baked Cookie        | \$ .50 |
| Fruit Cup or Whole Fruit  | \$ .75 |
| Gogurt                    | \$1.00 |
| Homemade Pizza Slice      | \$2.40 |
| Hot Vegetable             | \$ .75 |
| Milk                      | \$ .50 |
| Water, Bottled            | \$1.50 |

**Buy a Meal & Get a Deal!**

### Full Meal Deal

**\$2.40 includes**

**Entrée (bread & meat/meat alternate),  
Vegetable (hot or cold),  
Fruit (whole fresh or fruit cup),  
and Milk**

(Reduced Meal \$.40, Free Meal \$.00)

**We offer several entrees daily!**

Choose from one of the three featured selections or Specialty Salad or Homemade Cheese Pizza.

Then add at least one of Vegetable or Fruit or Milk.

Milk offered includes 1% White, Skim or 1% Chocolate. Milk is included with the full meal or \$.50 ala carte.

\*\*Pork Products marked with an asterisk.

### LUNCH PRICES:

Full Meal \$2.40  
Reduced Meal \$.40  
Free Meal \$.00  
Student Entrée Only \$2.40  
Adult Meal \$2.90  
Adult Entrée Only \$2.90  
(Meals include milk)

Call the Food Service Office with questions or concerns:  
Judy Swider  
708-583-6233 or  
Susan Walsh  
708-583-5463

**16**

**No Classes For Students**

Teacher Work Day

**17**

**Half Day of Classes**

No Lunch Service

**18**

Brd. Chicken Sandwich  
Cheeseburger on Bun  
Mini Sub Sandwich\*\*  
*Tater Tots/Baby Carrots*  
*Pears*

**19**

Beef Nachos  
Corn Dog  
Turkey/Ch. Sandwich  
*Green Beans/Celery Sticks*  
*Peaches*

**20**

Homemade Pepperoni Pizza\*\*  
Turkey Dog on Bun  
*Golden Corn/Baby Carrots*  
*Applesauce*

**23**

Meatball Taco Sub  
Chicken Nuggets/Brd Ham & Ch. Sandwich  
Egg Chef Salad  
*Hash Brown Starz or Baby Carrots*  
*Peaches*

**24**

General Tsao Chicken  
Bean & Cheese Burrito  
Turkey & Cheese Sand.  
Veggie, Hummus & Pita  
*Carrot Coins/Broccoli*  
*Applesauce*

**25**

Beef Tacos  
Hot Dog on Bun  
Chicken Buffalo Wrap  
Baja Salad  
*Caribbean Baked Beans*  
*or Baby Carrots*  
*Pineapple Chunks*

**26**

Rotini & Meat Sauce  
Cheeseburger on Bun  
Chicken Salad Sub  
Beef Nacho Salad  
*Green Beans/Celery Sticks*  
*Mandarin Oranges*

**27**

Homemade Pepperoni Pizza\*\*  
Brd Chicken Sandwich  
Peanut Butter Sandwich  
Tuna Salad Platter  
*Spinach/Baby Carrots*  
*Mixed Fruit*

**30**

BBQ Chicken  
Corn Dog  
Ham Submarine Sand.  
Chicken Chef Salad  
*French Fries/Baby Carrots*  
*Peaches*

**31**

BBQ Beef & Potato  
Bean & Cheese Burrito  
Tuna Salad on Bun  
Thai Chicken Salad  
*Carrot Coins/Broccoli*  
*Applesauce*

### DAILY

2 Vegetable Options (hot or cold)  
AND  
4 Fruit Options (apple, orange, banana or fruit cup)

## ELM MIDDLE SCHOOL 12 SPOT LUNCH MENU



### District 401 Meal Guidelines:

The food service has a system that allows money to be put on account to use for food service purchases. Students do not need to carry cash. Students need to maintain a positive account balance. Cash or checks made payable to Elmwood Park School District 401 are accepted. Notification of student account balances are sent home with the students when their accounts are at \$5.00 or less. Students and/or parents can drop payments into the deposit box located in the hall outside the main office.

Menus are subject to change without notice.

