


East Stroudsburg Area School District

Fruit of the Month: Grapes

Lunch Menu

August–September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
29- Chicken Nuggets/sauce Cheese Steak Potato Wedges Peas and Carrots Peach Slices	30-Beef a Roni with whole wheat dinner roll Turkey Deli with Cheese Tossed Salad w dressing Seasoned Corn	31- Tacos & Cheese Ham and Cheese Wrap Broccoli Chilled Apple Sauce Soft Pretzel	1-Chicken Patty on whole wheat roll American Hoagie Tator Tots Assorted 100% Fruit Juice Fresh Fruits	2- Closed “No School in Session”
5- Labor Day 	6- Toasted Cheese Sandwich Deli Sandwich Tomato Soup Potato Wedges Fresh Orange Slices Rice Krispie Square	7- Spaghetti & Meat Sauce with dinner roll Italian Hoagie Tossed Salad w dressing Green Peas Apple Sauce	8- Chicken Tenders with sauce Vegetable Wrap Seasoned Rice Broccoli Chilled Peaches	9- 5 inch Round Pizza Sloppy Joes on whole wheat roll Assorted 100% Fruit Juice Vegetable Medley with dipping sauce Cinnamon Apple Slices
12- Italian Dunkers with meat dipping sauce Toasted Ham and Cheese on Pretzel Bun Vegetable Mix Mixed Fruit Cocktail	13- Meatball Sandwich Chef Salad with Italian bread Carrot Coins Fresh Baked Cookie <i>Grapes</i>	14- Popcorn Chicken/sauce Bologna and Cheese Sandwich Tator Tots Tossed Salad with dressing Broccoli and Cauliflower Mix	15- Cheeseburger on whole wheat roll Egg Burrito Lettuce and Tomatoes Sweet Potato Fries Chilled Peaches	16- White French Bread Pizza Beef Stew Seasoned Noodles Assorted 100% Fruit Juice Vegetable Medley with dipping sauce
19-Cheese Sticks with sauce Taco Salad Vegetable Mix Cinnamon Apple Sauce Vanilla or Chocolate Pudding	20- Burrito with corn chips & salsa Turkey Deli Seasoned Rice Chilled Peaches 100% Fruit Punch Juice	21- Chicken Parmesan Vegetable Wrap Linguine Fresh Carrots and Celery with dipping sauce Green Beans	22— Cheesy Beef Bake Pierogies Marinara Whole Wheat Dinner Roll Broccoli Chilled Mixed Fruit	23- 4 x 6 pizza Fish Sandwich on whole wheat roll Curly Fries Tossed Salad with dressing Assorted 100% Fruit Juice
26-Chicken Nuggets/sauce Hot Dog on roll Potato Wedges Baked Beans Peach Slices	27-Beef a Roni with whole wheat dinner roll Turkey Deli with cheese Tossed Salad w dressing Summer Blend Mix	28- Tacos & Cheese Ham and Cheese Wrap Broccoli Chilled Mixed Fruit Soft Pretzel	29- Chicken Patty on Roll Roast Beef Deli on wheat roll Tator Tots Carrot Coins Cinnamon Apple Slices	30-French Bread Pizza Tuna Salad Sandwich Seasoned Noodles Tossed Salad with dressing Assorted 100% Fruit Juice

Available Every Day: Peanut Butter & Jelly Sandwich; Selected Pizza; Yogurt & Selected Bread; Fresh Vegetables; Tossed Salad; 3 Bean Salad; Fresh Fruits; 100% Fruit Juice; Choice of ½ pint milk

Suggestions/Comments: Please contact Food Services: paul-schmid@esasd.net; 570-424-8500 Ext 1420

Menu subject to Change - Check out the web page: www.esasd.net/cafe

Pay for your meals in advance through www.cafeprepay.com

Now on line: Information about the Birthday Baskets

Thank you for your support of the cafeteria