



Elmwood Park High School Lunch

September 2021

Available Daily

Hot Sandwich Variety

Cheeseburger

Hamburger

Chicken Patty

Spicy Chicken Patty

Cold Sandwich & Deli

Smucker's Sandwiches

Peanut Butter & Jelly

Peanut Butter & Strawberry Jam

Beef & Cheese Nachos

What makes a balanced lunch?

A balanced lunch requires one ½ c of fruit or veg along with 2 additional items to make a reimbursable meal.

Lunch is free!

Breakfast and lunch are **free** for the 2021-2022 school year regardless of income eligibility.

Breakfast will be served in the EPHS cafeteria starting at 7:15 AM daily.

6

No
School

7

No
School

8

Italian Cheesy Pull Apart
Pizza Sauce

Baby Carrots
Tater Tots
Apple
Orange
Milk Variety

9

Breaded Mozzarella Sticks
w/ Dipping Sauce

Side Salad
Sweet Potato Fries
Watermelon Craisins
Fruit Juice
Milk Variety

10

Galaxy Cheese Pizza

Celery Sticks
Tater Tots
Orange
Apple Juice
Milk Variety

13

Chicken Nuggets
Soft Pretzel Rod

Seasoned Mashed Potatoes
Tater Tots
Diced Peaches
Fruit Juice
Milk Variety

14

Cheese Bosco Sticks
Pizza Sauce

Side Salad
Seasoned Potato Wedges
Flavored Applesauce
Orange
Milk Variety

15

Corn Dog

Steamed Green Beans
Tater Tots
Apple
Watermelon Craisins
Milk Variety

16

Beef Tacos

Kickin' Pintos
Sweet Golden Corn
Banana
Fruit Juice
Milk Variety

17

Galaxy Pepperoni Pizza

Celery Sticks
Tater Tots
Orange
Apple Juice
Milk Variety

20

Chicken Ranch Club

Sweet Golden Corn
Tater Tots
Rosy Applesauce
Orange
Milk Variety

21

Gourmet Waffles
Cheddar Bacon Frittata

Baby Carrots
Seasoned Potato Wedges
Warm Cinnamon Apples
Diced Pears
Milk Variety

22

Mac & Cheese
King's Hawaiian Roll

Baked Beans
Tater Tots
Apple
Orange
Milk Variety

23

Tex Mex Popcorn Chicken
Cheesy Toast

Side Salad
Sweet Potato Fries
Banana
Fruit Juice
Milk Variety

24

Meatball Pizza Sub

Celery Sticks
Tater Tots
Orange
Apple Juice
Milk Variety

Lunch Price

All breakfasts are free for the 2021-2022 school year regardless of income eligibility
A la Carte Milk: \$0.50

Questions?

Please contact the food service director at 708-583-5463 or visit our food service page on the district website or epcusd.schooldish.com