



Free/Reduced Applications Available in each office or online at www.ewsc.k12.in.us

*This institution is an equal opportunity provider



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Tenders & Roll
Teriyaki Dippers & Roll
Romaine Salad
*Broccoli/Cheese
Milk

1

Walking Taco
Crustables
Lettuce, Cheese, Cherry Tomatoes,
*Corn
Refried Beans
Milk

2

Pizza
Sloppy Jo
Baked Beans
*Seasoned Strait Fries
Milk

3

*Chicken Pattie
Bosco Sticks & Sauce
Green Beans
*Sweet Potato Fries
Milk

4

50's Day
Cheeseburger
Hot Dog
*Baked Fries
Northern Beans
Milk

5

Fall Break

8

Fall Break

9

Fall Break

10

Fall Break

11

Fall Break

12

NO SCHOOL

NO SCHOOL

No School

No School

No School

*Chicken Nuggets & Cheese-It
Crackers
Pork BBQ
*Corn
Baked Beans
Milk

15

*Spaghetti & Mini Bosco Stick
Cold Cut Combo
*Green Beans
Baby Bakers
Milk

16

*Chicken Pattie
Burrito
Broccoli
*Tator Tots
Milk

17

Parent-Teacher Conferences
NO SCHOOL

18

Papa John's Pizza
Ham/Cheese Sandwich
Fresh Veggies
*Baked Beans
Milk

19

Chicken & Noodles & Roll
Hamburger
*Green Beans
*Sweet Potato Fries
Milk

22

*Fish Sticks & Roll
BBQ Rib Pattie
Romaine Salad
*Curly Fries
Milk

23

Chicken Pattie
Max Sticks & Sauce
*Baked Beans
Cole Slaw
Milk

24

Nachos
Chicken Quesadilla
Salsa
*Corn
Fresh Carrot Sticks
Milk

25

Pizza
Corn Dog
Pinto Beans
Baked Fries
Milk

26

Taco Soup
Chicken Pattie
Fresh Veggies
*Corn
Milk

29

*Mini Corn Dogs
Cheezy Bread Sticks
*Baked Beans
Romaine Lettuce
Milk

30

Spook-Tacular Chicken Nuggets
& Roll
Goblin Burger
Creepy Crawling Fries
BOO! Broccoli
Milk

31

