

Emily Howland Elementary School Menu

Menu Subject to Change

Emily Howland School District is an Equal Opportunity Provider and Employer

February 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Available with All Lunches

Assorted Fruit Cups
Milk Choice

1-A

Personal Pan Pizza
Garden Salad
w/Dressing
Seasoned Broccoli

**Second Choice
Available Daily**

Fresh Cobb Salad
Turkey & Cheese Sandwich

PB & J and Yogurt Meal
also available

4-B

French Toast
Sausage Link
Hash Brown
100% Fruit
Vegetable Juice

5-C

Walk-in Taco
w/Lettuce, Tomato &
Cheese
Cheesy Bean Dip
Seasoned Corn

6-D

Chicken Nuggets
w/Dipping
Sauce
Baked Fries
Seasoned Carrots

7-A

Macaroni & Cheese
Dinner Roll
Seasoned Green Beans

8-B

Homemade Pizza
Garden Salad
w/Dressing
Seasoned Broccoli

Breakfast	\$1.50
Lunch	
Elementary Schools	\$2.45
High Schools	\$2.55
Milk	\$0.50

11-C

Cheeseburger
on Bun
Sweet Potato Fries
Baked Beans

12-D

Taco Tuesday
w/Lettuce, Tomato &
Cheese
Cheesy Bean Dip

13-A

Chicken Patty or
Chicken Parmesan
on Bun
Seasoned Carrots
Seasoned Green Beans

14-B

Turkey Gravy
over
Mashed Potatoes
Dinner Roll
Seasoned Corn

15-C

Stuffed Crust Pizza
Garden Salad
w/Dressing
Seasoned Broccoli

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Free & Reduced Price meal
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view menus.

www.southern cayuga.org

18

Winter Recess

No School

19

Winter Recess

No School

20

Winter Recess

No School

21

Winter Recess

No School

22

Winter Recess

No School

Why did everyone like the
strawberry so much?

25-D

Chicken Nuggets
w/Dipping Sauce
Tator Tots
Seasoned carrots

26-A

Walk-in Taco
w/Lettuce, Tomato
& Cheese
Seasoned Corn
Baked Beans

27-B

Pizza Crunchers
w/Sauce
Sweet Potato Fries

28-C

Chicken & Cheese
Quesadilla
w/Sour Cream
Seasoned Green Beans

Because it was so sweet