

Ala Carte Menu Items

- Milk..... \$0.50
- 4 oz. juice box..... \$0.50
- Side Dish—3/4 cup serving..... \$0.85
- Side Salad—12 oz. bowl..... \$0.85
- Snack Cart Items (7-12)..... \$0.60
- 12 oz. Aquafina Water \$1.00
- 20 oz. Aquafina Water (7-12)..... \$1.50
- Flavored Water (9-12)..... \$1.50
- 10 oz. Fruit Juice (7-12)..... \$1.50
- 10 oz. Naked Juice (7-12)..... \$2.00
- 14 oz. Chocolate Milk Chug..... \$1.50
- Entrée Only \$2.00
- Extra Entrée with Meal..... \$1.75
- Homemade Cookie (when available) \$0.50
- Fresh Baked Dinner Roll..... \$0.50

Meal Prices

- Paid Elementary Breakfast.....\$1.50
- Paid 7-12 Breakfast.....\$1.50
- Paid Adult Breakfast.....\$2.00
- No charge for breakfast for Free and Reduced Students
- Paid Elementary Lunch.....\$2.50
- Paid 7-12 Lunch.....\$3.00
- Reduced Lunch.....\$0.40
- Adult Lunch\$3.50

BREAKFAST MENU

Choose between two breakfast specials daily—one with a hot entrée and one with a cold entrée. ONLY cold entrees available at Charm., Flat Ridge, and Wise. Mt. Hope currently does not serve breakfast at this time.

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|------------|--|
| Mondays | Cold Breakfast Entrée—Whole Grain Cereal, Yogurt Cup, Assorted Fruit, Fruit Juice and Milk Hot Breakfast Entrée—Mini Pancakes, Assorted Fruit, Fruit Juice and Milk |
| Tuesdays | Cold Breakfast Entrée—Freckled Biscuits w/ Berry Smooth Dip, Fresh Grapes, Fruit Juice and Milk Hot Breakfast Entrée—Sausage Gravy & Biscuits, Fresh Grapes, Fruit Juice and Milk |
| Wednesdays | Cold Breakfast Entrée—Assorted Cereal Bars, Mozzarella Cheese Stick, Craisins, Fruit Juice and Milk Hot Breakfast Entrée—Baked Oatmeal with Raisins, Dried Cranberries, Apples & Walnuts Yogurt Parfait, Fruit Juice and Milk |
| Thursdays | Cold Breakfast Entrée—Cocoa Cherry Bar w/ Hard Boiled Egg, Applesauce, Fruit Juice and Milk Hot Breakfast Entrée—Apple Cinnamon Texas Toast, Assorted Fruit, Fruit Juice and Milk |
| Fridays | Cold Breakfast Entrée—Strawberry Yogurt Parfait with Simply Chex Strawberry Yogurt snack mix, Fruit Juice and Milk Hot Breakfast Entrée—Pancake and Sausage on a Stick, Strawberry Cup, Fruit Juice and Milk |

The Hawk's Nest Menu

Our kitchens will be operating on a seasonal four week cycle menu this year. Our entrée provides the protein and the whole grain component of a complete meal. Students may choose from a variety of fruits and vegetables.

We also offer a choice of fat-free flavored milk and low-fat unflavored milk.

WINTER CYCLE (11/28/16-3/3/17)



Parents are welcome to join their child for lunch or breakfast. Please check with your school secretary to determine meal times.

For more information, please call

Phone: 330-893-2610

Cell: 330-231-6175

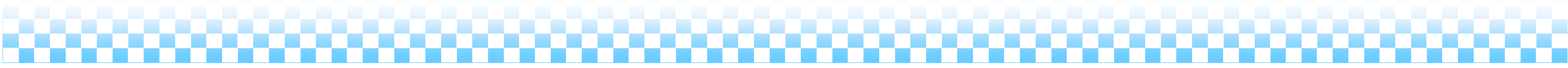
E-mail: ehlm_mbiltz@tccsa.net



East Holmes Child Nutrition

East Holmes Local Schools
Child Nutrition Department
6108 CR 77
Millersburg, OH 44654

This institution is an equal opportunity provider



LUNCH ENTREES

We also offer alternative entrees—PBJ Jamwiches, 1 oz. cheese stick & Goldfish crackers or 4 oz. Danimals yogurt w/ granola stir-ins, 1 oz. Mozzarella cheese stick, & Goldfish crackers. Add any of the side dishes available and milk for a complete meal. Baby carrots, hummus and small side salads available daily.

- 1 **Toasted Cheese Sandwich**—Creamy American cheese melted between two slices of whole grain toasted bread. Optional sides will include Campbell's Tomato Soup, fresh broccoli, baby carrots, fruited gelatin and assorted fresh fruit.
- 2 **All American Burgers**—Charbroiled beef patties are served on a whole grain bun and can be topped with sliced American cheese, bacon, grilled onions, lettuce, tomatoes, pickles and our special sauce. Served with French fries and assorted fresh fruits and vegetables.
- 3 **Boneless Wings**—Boneless chunks of white meat chicken are tossed in your choice of three sauces—mild Buffalo, Grandma Lovina's BBQ Sauce or Sweet Baby Ray's Garlic Parmesan wing sauce. Served with Celery Sticks w/ Ranch Dip, Mixed Fruit and our Country Trio Vegetable Blend (Corn, Carrots & Green Beans).
- 4 **Mozzarella Stuffed Breadsticks w/ Marinara Sauce**—A longtime favorite has been modified to provide more protein and less carbohydrates. Served with marinara dipping sauce, large tossed salad, and a fruited gelatin salad.
- 5 **Rib-B-Q Pork Rib Patty Sandwich**—These rib shaped pork patties are served on a Nickles whole grain hoagie bun served with sweet pickles and Grandma Lovina's barbecue sauce. Served with our homemade baked beans, creamy cole slaw, strawberries and pineapple, and vanilla ice cream.
- 6 **"Top Your Dog"** - Our all meat hotdog is served on a whole grain bun and is ready to you to top. Will it wear diced onions, pickle relish, jalapenos, grilled sauerkraut, corn relish or chili & cheese? Toppings are available based on school preference. Ketchup & Mustard always available!! Served with French fries, fresh sliced apples and assorted fresh veggies.
- 7 **Spaghetti & Meatballs**—Four meatballs on top of a bed of spaghetti and smothered with spaghetti sauce and breadstick. Sides include a large garden salad, fresh banana and assorted canned fruit.
- 8 **Stuffed Crust Cheese Pizza or Chicken Bacon BBQ Pizza**—Served with Tossed Salad, Rosy Applesauce and Steamed Peas.
- 9 **Hungry Farmer**—French Toast, Sausage & Scrambled Eggs! This is the ultimate breakfast for lunch. Served with sweet potato tots, cucumber & bell pepper strips, frozen peach cup and assorted canned fruit.
- 10 **General Tso's Chicken**—Tender chunks of breaded dark meat chicken tossed with a spicy sweet Asian sauce and served over Fried Rice (brown rice, soy sauce, scrambled eggs, peas and carrots). Served with steamed broccoli and diced peaches.
- 11 **Chicken Nuggets**—A longtime favorite is making a come back with a twist! Five crispy chicken nuggets will be served with a fresh baked dinner roll. Served with Roasted Garlic & Buttermilk mashed potatoes, strawberries, and fresh broccoli & cauliflower.
- 12 **Walking Tacos**—Start with the basics and build your own taco bowl. We give you a bag of Doritos, seasoned ground beef and shredded cheese and then you can add Cowboy Salsa, shredded lettuce, sliced green onions, diced tomatoes, black olives and jalapenos. Eat it in the bag or make a huge taco salad. Served with diced peaches.
- 13 **Meatball Sub**—Four juicy meatballs covered in sauce and stuffed in a whole grain hotdog bun then topped with cheese. Served with steamed corn, assorted fresh veggies, frozen peach cup and assorted fresh fruit.
- 14 **Chicken and Noodles**—Made from scratch in our kitchens combining creamy chicken gravy, dark and white meat chicken and Inn Maid noodles. Served with a homemade Peach Oatmeal Muffin Square, green beans, and orange wedges.
- 15 **Sausage, Egg & Cheese Sandwich**—Two pancakes stacked with a sausage patty, egg patty and a slice of American cheese. Served with crispy tri-tators, pumpkin delight and assorted fruits and vegetables from our garden bar.
- 16 **Mini Corn Dogs**—Five mini corndog bites have found their way back to your menu. Served with tossed salad, mixed vegetables, fresh apple slices and assorted canned fruit.
- 17 **Stuffed Crust Pepperoni Pizza**—Pepperoni topped wedge sliced pizza is always a favorite for school lunch. Ours is served with a large tossed salad, fresh carrot and celery sticks and juicy red grapes.
- 18 **Chicken Patty Sandwich**—Our crispy breaded chicken patty is served on a whole grain bun with leaf lettuce, tomato, pickles and onions. Served with French fries and diced peaches.
- 19 **Macaroni and Cheese**—Our made from scratch cheese recipe includes a blend of cheddar and cream cheese for a perfect creamy sauce which is then tossed with whole grain macaroni noodles and baked with a cheesy crumb topping. Served with green beans, fresh broccoli, applesauce and assorted fresh fruit.
- 20 **Potato Bar**—A variety a of potato choices can be topped with a variety of toppings depending on your school cafeteria choices. Check with your cafeteria to see what they will be serving. Options could include popcorn chicken bites with gravy; homemade chili & cheese; pulled pork; diced ham, steamed broccoli & cheese sauce; or other potato creations! Our garden bar will round out the meal with a variety of fruits & veggies.

ROTATION CALENDAR

Numbers under the dates correspond with the meal number in the descriptions

| | | | | |
|-----------|-----------|-----------|-----------|-----------|
| 11/28 | 11/29 | 11/30 | 12/1 | 12/2 |
| No School | 1 | 2 | 3 | 4 |
| 12/5 | 12/6 | 12/7 | 12/8 | 12/9 |
| 5 | 6 | 7 | 8 | 9 |
| 12/12 | 12/13 | 12/14 | 12/15 | 12/16 |
| 10 | 11 | 12 | 13 | 14 |
| 12/19 | 12/20 | 12/21 | 12/22 | 12/23 |
| 15 | 16 | 17 | 18 | No School |
| 12/26 | 12/27 | 12/28 | 12/29 | 12/30 |
| No School | No School | No School | No School | No School |
| 1/2 | 1/3 | 1/4 | 1/5 | 1/6 |
| No School | 19 | 20 | 1 | 2 |
| 1/9 | 1/10 | 1/11 | 1/12 | 1/13 |
| 3 | 4 | 5 | 6 | 7 |
| 1/16 | 1/17 | 1/18 | 1/19 | 1/20 |
| No School | 8 | 9 | 10 | 11 |
| 1/23 | 1/24 | 1/25 | 1/26 | 1/27 |
| 12 | 13 | 14 | 15 | 16 |
| 1/30 | 1/31 | 2/1 | 2/2 | 2/3 |
| 17 | 18 | 19 | 20 | 1 |
| 2/6 | 2/7 | 2/8 | 2/9 | 2/10 |
| 2 | 3 | 4 | 5 | 6 |
| 2/13 | 2/14 | 2/15 | 2/16 | 2/17 |
| 7 | 8 | 9 | 10 | 11 |
| 2/20 | 2/21 | 2/22 | 2/23 | 2/24 |
| No School | 12 | 13 | 14 | 15 |
| 2/27 | 2/28 | 3/1 | 3/2 | 3/3 |
| 16 | 17 | 18 | 19 | 20 |