

October 2018

Hot Lunch: \$4.50 includes entree & salad bar

Salad Bar: Included daily with hot or cold lunch. Available to students who pack lunch for \$2.50

Deli Sandwich(Low Sodium): Oven roasted turkey or ham on whole wheat bread, topped with lettuce, tomato, mayo or mustard and salad bar included for \$3.50

Drinks: 2% milk, juice or bottled water are available for \$.50

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Grilled Cheese Tomato Soup	Breaded Chicken Breast Seasoned Brown Rice String Beans	Cheeseburger Pickles French Fries	Meatballs Macaroni Garlic Bread	Baked Ham Parsley Potatoes String Beans	
7	8	9	10	11	12	13
	Lunch Provided by HSA	Teriyaki Chicken Broccoli White Rice	Chicken Parm Sandwich Italian Pasta Salad	Cheese Ravioli Garlic Bread	Half Day Dismissal If your child is staying for Aftercare please pack lunch	
14	15	16	17	18	19	20
	Hot Dog on a Bun Baked Beans Tater Tots	Chicken Pot Pie	Pizza Orange Slices	Sub Sale!! Order Form in VCE No Same Day Orders	Baked Potato All the Toppings	
21	22	23	24	25	26	27
	Grilled Cheese Tomato Soup	Chicken Tenders Applesauce Parsley Egg Noodles	Cheese Ravioli Garlic Bread	Baked Ham Parsley Potatoes String Beans	School Closed Teacher In Service	
28	29	30	31			
	Cheese Quesadilla Salsa/Sour Cream Mexican Rice	Pizza Orange Slices	Chicken Parm Applesauce Parsley Egg Noodles			

DATES TO REMEMBER

Please refer to the monthly calendar on the home page of the ECA website for a complete listing of events and updates

October 3

Picture Day! K-8

October 8

1:00pm Frank Valla Walk-A-Thon

October 9

8th Gr. Bake Sale (treats are .25)

October 12

Half Day/ \$5/ Dress Down Day (per child)

October 16

3rd Gr. Bake Sale (treats avail for .25)
7:00pm **School Wide HSA Meeting**

October 19

7:00pm 5th-8th Grade Dance

October 25

6:30pm Trunk or Treat-Rain or Shine

October 31

Black & Orange Dress Down Day