

April 2017  
APRIL 2017

ELLSWORTH COMMUNITY SCHOOLS



**School Information:**  
Easter Break is April 14<sup>th</sup> – 17<sup>th</sup>

*"This institution is an Equal Opportunity Provider"*



**Nutrition Tip:** Make sure to get Whole grains in your diet. Whole grains add fiber, iron, and B vitamins to the diet. Look for words like "Whole" or "100%".



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Chicken Pattie on Bun  
Mashed Potatoes **3**  
Steamed Corn  
Choice of Fruit

Mini Corn Dogs  
Augratin Potatoes **4**  
Veggies & Dip  
Choice of Fruit  
Brownies

Meaty Lasagna or  
PB&J Uncrustable **5**  
Lettuce Salad  
Green Beans  
Choice of Fruit  
Breadstixs

Taco Salad w/ Frito Chips  
Refried Beans **6**  
Lettuce/ Tomatoes/ Cheese  
Steamed Carrots  
Choice of Fruit  
Ice Cream Treat

Hot Dog on Bun or  
PB&J Uncrustable **7**  
Bag of Chips  
Veggies & Dip  
Choice of Fruit

Chicken Nuggets  
Mashed Potatoes **10**  
Steamed Sweet Corn  
Choice of Fruit

Cheeseburger on Bun  
French Fries **11**  
Veggies & Dip  
Choice of Fruit

Rotini Hotdish or  
Ham & Cheese Sandwich **12**  
Lettuce Salad  
Peas & Carrots  
Choice of Fruit/ Breadstixs

Cheesy Pizza  
Rice w/ Cinn. & Sugar **13**  
Veggie & Dip  
Steamed Broccoli  
Choice of Fruit

**NO SCHOOL** **14**

**NO SCHOOL** **17**

Chicken Pattie on Bun  
Mashed Potatoes **18**  
Veggies & Dip  
Choice of Fruit

Sloppy Joes on Bun  
or Yogurt & Muffin **19**  
French Fries  
Steamed Carrots  
Choice of Fruit

Chicken & Gravy over Mashed  
or PB&J Uncrustable **20**  
Steamed Corn  
Choice of Fruit  
Dinner Rolls

Mozzarella Dippers w/  
Marinara Sauce **21**  
Lettuce Salad  
Steamed Broccoli  
Choice of Fruit / Treat

BBQ Rib on Bun  
or PB&J Uncrustable **24**  
French Fries  
Veggies & Dip  
Choice of Fruit

Potato Bar Middle & High  
w/ all the fixin's & Breads **25**  
Elem: Pizza Stixs & yogurt Cup  
Lettuce Salad  
Steamed Carrots  
Choice of Fruit

Spaghetti Hotdish or  
Cold Ham & Cheese Sand. **26**  
Lettuce Salad  
Steamed Green Beans  
Choice of Fruit  
Breadstixs

Taco Salad w/ Frito Chips  
Lettuce/ Tomatoes/Cheese **27**  
Refried Beans  
Steamed Corn  
Choice of Fruit  
Frozen Fruit Icee

Cheesy Pizza  
Rice w/ Cinnamon & Suga **28**  
Veggies & Dip  
Steamed Broccoli  
Choice of Fruit

