

March 2018

Ellsworth Community Schools

LUNCH



School Information: Spring break this month, enjoy your time off!!!!
Be Safe on your travels ☺



Nutrition Tip: Put the food you eat on a plate before you eat it.
Don't eat out of a jar or bag because you will tend to grab too much.

"This institution is an Equal Opportunity Provider"



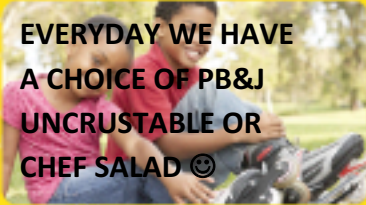
Monday

Tuesday

Wednesday

Thursday

Friday



We serve a Wide Variety of Fruits and Veggies on the Line ~ Everyday.



We Serve a Variety of Milk Daily !!!

Cheesy Omelet
Sausage Links
American Fries
Celery & Cucumbers
Choice of Fruit
Muffin

Chicken Nuggets
Mashed Potatoes
Steamed Corn
Choice of Fruit

5

6

7

8

9

Spring

Break

Spring

Break >>>>>

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Chicken Patty on Bun
Mashed Potatoes
Steamed Corn
Choice of Fruit

12

Meatball Subs
French Fries
Steamed Carrots
Choice of Fruit
Strawberry Shortcake

13

Tator Tot Hotdish
Steamed Green Beans
Lettuce Salad
Choice of Fruit
Breadstixs

14

Beefy Taco Salad w/ Chips
Lettuce/ Tomatoes/ Cheese
Refried Beans
Steamed Corn/ Choice Fruit
Ice Cream Treat

15

Mozzarella Dippers w/
Marinara Sauce
Steamed Broccoli
Choice of Fruit

16

Hot Dog on Bun
French Fries
Baked Beans
Steamed Carrots
Choice of Fruit

19

Mini Corn Dogs
Cheesy Potatoes
Steamed Green Beans
Choice of Fruit
Fruit Snack Bag

20

Turkey & Gravy
Mashed Potatoes
Steamed Sweet Corn
Choice of Fruit
Dinner Roll

21

Orange Chicken over
a bed of steamed Rice
Mixed Steamed Veggies
Choice of Fruit
Pudding Cup

22

Fish Sticks
Bag of Chips
Steamed Carrots
Choice of Fruit
Granola Bar

23

No School

26

Chicken Patty on Bun
Mashed Potatoes
Steamed Corn
Choice of Fruit

27

Meaty Lasagna or
Ham & Cheese Sandwich
Steamed Green Beans
Lettuce Salad
Choice of Fruit
Breadstixs

28

Pulled Pork on a Bun
French Fries
Baked Beans
Steamed Carrots
Choice of Fruit

29

No School

30