

April 2018

Ellsworth Community Schools



School Information: Spring is Here ~ Enjoy the warmer weather ☺



Nutrition Tip: Fuel your brain with breakfast. Studies show that people who eat breakfast improve their memory and performance at work and/or school.



"This institution is an Equal Opportunity Provider"

Monday

Chicken Nuggets **2**
Mashed Potatoes
Steamed Corn
Choice of Fruit

Chicken Patty Sandwich **9**
Mashed Potatoes
Steamed Corn
Choice of Fruit

Hot Dog on Bun **16**
Tator Tots
Baked Beans
Steamed Carrots
Choice of Fruit

Taco Wrap **23**
Cheesy Potatoes
Refried Beans
Steamed Green Beans
Choice of Fruit

BBQ Rib or Bun **30**
Smile Potatoes
Steamed Green Beans
Choice of Fruit


Tuesday

Italian Dunkers w/
Marinara Sauce **3**
French Fries
Steamed Green Beans
Choice of Fruit

Mini Corn Dogs **10**
Tator Tots
Steamed Green Beans
Choice of Fruit

Potato Bar ~ Midd/ High **17**
w/ all the fixins & breadstix
Elem: Chicken Nugget
Mashed Potatoes
Steamed Corn/ Choice Fruit

Sloppy Joes on Bun **24**
French Fries
Steamed Carrots
Choice of Fruit


We Serve a
Variety of
Milk Daily 

Wednesday

Meatballs & Gravy over
Butter Noodles **4**
Steamed Carrots
Lettuce Salad
Choice of Fruit
Breadstix

Pizza Hotdish or
Cold Ham & Cheese Sandwich **11**
Lettuce Salad
Steamed Green Beans
Choice of Fruit
Breadstix

Meaty Lasagna or
Cold Turkey & Cheese **18**
Steamed Green Beans
Lettuce Salad
Choice of Fruit
Breadstix

Turkey & Gravy
Mashed Potatoes **25**
Steamed Corn
Choice of Fruit
Dinner Roll 

Thursday

Taco Salad w/ Frito Chips **5**
Refried Beans
Lettuce/ Tomatoes/ Cheese
Steamed Carrots
Choice of Fruit
Ice Cream Treat

Orange Chicken over Ric **12**
Steamed Mixed Veggies
Fresh Fruit & Veggie Bar
Vanilla Cake w/ Choc. Icing

Cheeseburger on Bun **19**
French Fries
Steamed Carrots
Choice of Fruit

Scrambled Egg & Ham Bake **26**
American Fries
Celery & Cucumbers
Choice of Fruit
Banana Bread

Friday

Mozzarella Dippers w/
Marinara Sauce **6**
Steamed Broccoli
Fresh Veggies
Choice of Fruit

Cheese Pizza **13**
Chips & Cheese Sauce
Steamed Broccoli
Lettuce Salad
Choice of Fruit

Pizza Stix w/
Yogurt Cup **20**
Steamed Broccoli
Veggies & Dip
Choice of Fruit

Chicken Patty Sandwich **27**
Mashed Potatoes
Steamed Corn
Choice of Fruit

