

May 2017

Ellsworth Community Schools

LUNCH



We are nearly the end of the school year~
Please check your breakfast/lunch account and
get it up to date ☺
**WE NOW HAVE ONLINE PAYMENT, CHECK THE
SCHOOL WEBSITE FOR DETAILS.**



Fitness Tip: You should be getting calories from foods that you
chew, not from drinks. For example, eat a fresh fruit instead of
drinking a fruit juice.
Be daring and try a new fruit or vegetable each week or
month.



Monday

1
Cheeseburger on Bun
French Fries
Veggies & Dip
Choice of Fruit

Tuesday

2
French Toast Stixx
Sausage Links
American Fries
Warm Baked Apples
Choice of Fruit

Wednesday

3
Meaty Lasagna or
PB&J Uncrustable
Lettuce Salad
Green Beans
Choice of Fruit
Breadstixx

Thursday

4
Hot Dog on Bun
Bag of Chips
Veggies & Dip
Choice of Fruit
Oatmeal Bar

Friday

5
Mozzarella Dippers w/
Marinara Sauce
Lettuce Salad
Steamed Broccoli
Choice of Fruit

8
Chicken Pattie on Bun
Mashed Potatoes
Steamed Corn
Choice of Fruit

9
Italian Dunker w/
Marinara Sauce
Tator Tots
Steamed Green Beans
Choice of Fruit
Cookies

10
Tator Tot Hotdish or
PB&J Uncrustable
Peas & Carrots
Lettuce Salad
Choice of Fruit
Breadstixx

11
Taco Salad w/ Frito Chips
Lettuce/ Tomatoes/ Cheese
Refried Beans
Steamed Corn
Choice of Fruit
Frozen Treat

12
Pizza Stixx w/
Yogurt Cup
Lettuce Salad
Steamed Carrots
Choice of Fruit

15
Chicken Nuggets
Mashed Potatoes
Steamed Corn
Choice of Fruit

16
Potato Bar ~ Middle & High
w/ all the fixins & Breadstix
Elem: Pizza Stixx & Yogurt Cup
Veggies & Dip
Steamed Carrots
Choice of Fruit

17
Rotini Hotdish or
Cold Ham & Cheese Sandwich
Lettuce Salad
Green Beans
Choice of Fruit/ Breadstixx

18
Pulled Pork or
PB&J Uncrustable
French Fries
Steamed Carrots
Choice of Fruit

19
Cheeseburger on Bun
French Fries
Veggies & Dip
Choice of Fruit

22
BBQ Rib on Bun or
PB&J Uncrustable
Tator Tots
Steamed Green Beans
Choice of Fruit

23
Sloppy Joes on Bun or
Yogurt Cup & Muffin
French Fries
Lettuce Salad
Choice of Fruit

24
Chicken & Gravy or
PB&J Uncrustable
Mashed Potatoes
Sliced Steamed Carrots
Choice of Fruit

24
Taco Salad w/ Frito Chips
Refried Beans
Lettuce/ Tomatoes/ Cheese
Steamed Corn
Choice of Fruit

26
Cheesy Pizza
Rice w/ Cinnamon & Sugar
Veggies & Dip
Steamed Broccoli
Choice of Fruit

29
**NO
SCHOOL**

30
Cheesy Nacho w/ Chips
or Cold Ham & Cheese Sand.
Steamed Green Beans
Lettuce Salad
Choice of Fruit

31
Grilled Cheese or
PB&J Uncrustable
Meaty Chili
Veggies & Dip
Steamed Corn
Choice of Fruit

*"This Institution is an
Equal Opportunity Provider
"*
We Serve a variety of milk
daily