

December 2020

ELLSWORTH COMMUNITY SCHOOLS

LUNCH



High School is Celebrating HAMiversary
December 14th – 18th ... Check out the Pork choices
for the High School 😊

"This Institution is an Equal Opportunity Provider"



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday

Variety of Milk served
Daily 😊



Tuesday

1
Big Corn Dog
Cheesy Potatoes
Fresh Veggies
Choice of Fruit

Wednesday

2
Macaroni & Cheese
Steamed Veggies
Choice of Fruit
Craisins

Thursday

3
Beef & Cheese Burrito
Bag of Chips
Veggies
Choice of Fruit

Friday

4
Cheesy Pizza
Rice w/ Cinnamon & Sugar
Steamed Broccoli
Choice of Fruit

7
Grilled Chicken Breast
on Bun
Tator Tots
Veggies
Choice of Fruit

8
Meatball Sub
Bag of Chips
Veggies
Choice of Fruit

9
Sloppy Joe on Bun
Smile Potatoes
Veggies
Choice of Fruit

10
Pizza Crunchers
Bag of Chips
Veggies
Choice of Fruit

11
**NO
SCHOOL**

14
Chicken Nuggets
Bag of Chips
Veggies
Choice of Fruit

15
Cheeseburger on Bun
Waffle Fries
Veggies
Choice of Fruit

16
Turkey & Gravy
Mashed Potatoes
Veggies
Choice of Fruit
Dinner Roll
HS > Hot Dog on Bun

17
Cheesy Omelet
Sausage Links
American Fries
Choice of Fruit
Mini Bagel w/ Peanut Butter
HS> Dutch Waffle & Sausage

18
Mozzarella Dippers w/
Marinara Sauce
Steamed Broccoli
Choice of Fruit
Treat
HS> Sausage Pizza

21
Chicken Pattie on Bun
Mashed Potatoes
Veggies
Choice of Fruit

22
Pulled Pork on Bun
Bag of Chips
Veggies
Choice of Fruit

23
**NO
SCHOOL**

24
**NO
SCHOOL**

25
**NO
SCHOOL**

28
**NO
SCHOOL**

29
**NO
SCHOOL**

30
**NO
SCHOOL**

31
**NO
SCHOOL**

