

November 2018

Ellsworth Community Schools



This is the month of Thanksgiving
Think about all the things you have to be Grateful for!!!!

We serve a variety of Milk every day.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.]

"This institution is an Equal Opportunity Provider"

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Patty on Bun 1
Mashed Potatoes
Steamed Corn
Choice of Fruit

NO SCHOOL 2

Pizza Stixs w/ Yogurt Cup 5
Steamed Broccoli
Fresh Veggies
Choice of Fruit

BBQ Rib on Bun 6
Baked Beans
French Fries
Steamed Carrots
Choice of Fruit

Tator Tot Hotdish 7
Steamed Green Beans
Lettuce Salad
Choice of Fruit
Breadstixs

Cheesy Omelet 8
Sausage Links
American Fries
Warm Apples
Choice of Fruit

Grilled Cheese or PB&J 9
Tomato Soup
Steamed Broccoli
Fresh Veggie Bar
Choice of Fruit

Chicken Nuggets 12
Mashed Potatoes
Steamed Corn
Choice of Fruit

Inter: Brats w/ Kraut HS only

Sloppy Joes 13
French Fries
Steamed Green Beans
Choice of Fruit

Inter: Sweet & Sour Chix HS only

Turkey & Gravy 14
Mashed Potatoes
Steamed Corn
Choice of Fruit
Pumpkin Pie
Dinner Rolls Inter: Gryos HS

Taco Salad w/ Chips 15
Lettuce/ Tomatoes/Cheese
Refried Beans
Steamed Corn
Choice of Fruit
Ice Cream Treat

Mozzarella Dippers w/ Marinara Sauce 16
Steamed Broccoli
Lettuce Salad
Choice of Fruit
Inter: Cheese Ravioli

Cheeseburger on Bun 19
French Fries
Steamed Carrots
Choice of Fruit

Cheesy Pizza 20
Rice w/ Cinnamon & Sugar
Steamed Broccoli
Choice of Fruit

No School 21

No School 22

No School 23

Quesadilla Pizza w/ Yogurt Cup 26
Steamed Broccoli
Fresh Veggie Bar
Choice of Fruit

Mini Corn Dogs 27
Cheesy Potatoes
Steamed Veggies
Choice of Fruit
Snack Bag

Pizza Hotdish or Ham & Cheese Sandwich 28
Steamed Green Beans
Lettuce Salad
Choice of Fruit
Breadstixs

Fish Sandwich or PB&J 29
French Fries
Steamed Veggies
Choice of Fruit
Brownies

BBQ Rib on Bun 30
Smile Potatoes
Steamed Corn
Choice of Fruit