

December 2017

Ellsworth Community Schools



Hillcrest Concert is December 14th
Prairie View's Concert is December 15th
Lindgren's 4YK Concert is December 19th



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

Variety of Milk
Served Daily

Pizza Stix 1
Yogurt Cup
Veggies & Dip
Choice of Fruit

Chicken Nuggets 4
Mashed Potatoes
Sweet Corn
Choice of Fruit

Mini Corn Dogs 5
Cheesy Potatoes
Steamed Sweet Peas
Choice of Fruit

Spaghetti Hotdish or 6
PB& J Uncrustable
Steamed Tender Green Beans
Lettuce Salad
Choice of Fruit

Taco Salad w/ 7
Frito Chips
Lettuce/ Tomatoes/Cheese
Refried Beans
Sweet Delicious Corn
Choice of Fruit/ Ice Cream

Mozzarella Dippers w/ 8
Marinara Sauce
Fresh Lettuce Salad
Steamed Broccoli
Choice of Fruit

Hot Dog on Bun 11
Smile Potatoes
Baked Beans
Steamed Carrots
Choice of Fruit

Sloppy Joes on Bun 12
or Yogurt & Muffin
French Fries
Fresh Veggies & Dip
Choice of Fruit

Turkey & Gravy 13
Mashed Potatoes
Steamed Sweet Corn
Choice of Fruit
Pumpkin Pie/ Dinner Roll

Cheesy Omelet 14
Sausage Links
American Fries
Celery & Cucumbers
Choice of Fruit

Cheesy Pizza 15
Rice w/ Cinnamon & Sugar
Steamed Broccoli
Lettuce Salad
Choice of Fruit

Taco Wrap or 18
PB&J Uncrustable
Cheesy Potatoes
Refried Beans
Choice of Fruit

Cheeseburger on Bun 19
French Fries
Steamed Carrots
Choice of Fruit

Cheesy Nacho or 20
PB&J Uncrustable
Tortilla Chips
Steamed Green Beans
Lettuce Salad
Choice of Fruit

No 21
School

No 22
School

25
CHRISTMAS

26
BREAK

27
CHRISTMAS

28
BREAK >>>>>

29
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