

# May 2018

# ELLSWORTH COMMUNITY SCHOOLS

# LUNCH



**Congratulations to our Grads!!!**  
**Best Wishes on your many Endeavors 😊**



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



“ This institution is an Equal Opportunity Provider”

## Monday

**We Serve a Variety of Milk Daily**

**Cheeseburger on Bun** 7  
Smile Potatoes  
Steamed Carrots  
Choice of Fruit

**Chicken Pattie Sandwich** 14  
Mashed Potatoes  
Steamed Corn  
Choice of Fruit

**Hot Dog on Bun** 21  
French Fries  
Baked Beans  
Steamed Carrots  
Choice of Fruit

**No School** 28

## Tuesday

**Italian Dunkers w/ Marinara Sauce** 1  
French Fries  
Steamed Green Beans  
Choice of Fruit

**Chicken Nuggets** 8  
Mashed Potatoes  
Steamed Corn  
Choice of Fruit

**Sloppy Joes on Bun or Yogurt & Muffin** 15  
French Fries  
Steamed Peas & Carrots  
Choice of Fruit

**Potato Bar ~ Midd/ High w/ all the fixins & breadstixs** 22  
Elem: Fish Sticks  
Bag of Chips  
Steamed Veggies  
Choice of Fruit

**Chicken Patty on Bun** 29  
Mashed Potatoes  
Steamed Corn  
Choice of Fruit

## Wednesday

**Tator Tot Hotdish** 2  
Steamed Green Beans  
Lettuce Salad  
Choice of Fruit  
Breadstixs

**Meatball Subs with Spag Sauce & Cheese** 9  
French Fries  
Steamed Green Beans  
Choice of Fruit

**Turkey & Gravy** 16  
Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Dinner Rolls

**Pizza Hotdish or Cold Ham & Cheese Sandwich** 23  
Lettuce Salad  
Steamed Green Beans  
Choice of Fruit  
Bread Stixs

**Cooks Choice Hotdish** 30  
Veggies  
Fruit  
Breadstixs

## Thursday

**Beefy Taco Salad w/ Chips** 3  
Lettuce/Tomatoes/ Cheese  
Refried Beans  
Steamed Corn  
Choice of Fruit  
Ice Cream Treat

**Mini Corn Dogs** 10  
Cheesy Potatoes  
Steamed Peas & Carrots  
Choice of Fruit  
Fruit Snack Bag

**Cheesy Nacho w/ Chips** 17  
Steamed Green Beans  
Fresh Lettuce Salad  
Choice of Fruit  
Granola Bar

**Orange Chicken over steamed Rice** 24  
Steamed Mixed Veggies  
Fresh Fruit & Veggie Bar  
Cookie Bars

**Hot Dog on Bun** 31  
Bag of Chips  
Veggies  
Fruit  
Treat

## Friday

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

**Mozzarella Dippers w/ Marinara Sauce** 11  
Steamed Broccoli  
Lettuce Salad  
Choice of Fruit

**BBQ Rib on Bun** 18  
Smile Potatoes  
Steamed Veggies  
Choice of Fruit

**Cheeseburger on Bun** 25  
Tator Tots  
Steamed Corn  
Choice of Fruit

**June 1**  
Chicken Nuggets  
Mashed Potatoes  
Veggies  
Fruit

