

# Welcome to our Lunch Cafe @ Ellenville Elementary

November 2017

Monday

Tuesday

Wednesday

Thursday







Friday



**HARVEST**  
of the  
MONTH



We proudly support clean, organic, local and sustainable agriculture.

<p>6 Chicken Nuggets Tator Tots Corn Baby Carrots Pineapple Chunks Fresh Orange</p>	<p>7 Cheeseburger Sweet Potato Fries Side of Carrots Grape Tomatoes Fresh Apple</p>	<p>8 Soft Taco Brown Rice Green Beans Red Pepper Strips Apple Slices Fresh Orange</p>	<p>9 Pancakes &amp; Sausage Syrup Peas Fresh Pear Mixed Fruit</p> 	<p>10 Cheese Pizza Broccoli Florets</p> 
<p>13 Popcorn Chicken Tator Tots Corn Applesauce Fresh Orange Melon Cup</p>	<p>14 Stuffed Bread Sticks Spaghetti Sauce Sweet Potato Fries Glazed Carrots Pineapple Chunks Fresh Apple</p>	<p>15 Sloppy Joe on a Bun Oven Baked Fries Green Beans Grape Tomatoes Fresh Orange Diced Peaches Fresh Apple</p>	<p>16 Nachos Grande Brown Rice Chickpea Salad Steamed Spinach Fresh Pear Fresh Apple</p>	<p>17 Cheese Pizza Broccoli Florets Side Garden Salad Applesauce Fresh Banana Melon Cup</p>
<p>20 Chicken Nuggets Mashed Potatoes Corn Baby Carrots Pineapple Chunks Fresh Orange</p>	<p>21 Grilled Cheese Sweet Potato Fries Side of Carrots Mixed Fruit Fresh Orange</p>	<p>22 Cheese Pizza Garden Salad Green Beans Grape Tomatoes Fresh Orange Diced Peaches Fresh Apple</p>		
<p>27 Popcorn Chicken Brown Rice Corn Mixed Fruit Fresh Apple</p>	<p>28 Meatball Parmesan Sandwich Sweet Potato Fries Glazed Carrots Fresh Orange Diced Peaches</p>	<p>29 Waffles Syrup Oven Baked Fries Green Beans Grape Tomatoes Fresh Orange Diced Peaches Fresh Apple</p> 	<p>30 Nachos with Cheese Brown Rice Chickpea Salad Steamed Spinach Fresh Pear Fresh Apple</p>	

## SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because

we are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



### LUNCH PRICES

Full Pay-\$1.70  
Reduced-\$1.25  
Adult-\$4.00

Prepaid Available  
Online At

[www.my.schoolbucks.com](http://www.my.schoolbucks.com)  
or in the Cafeteria  
with Cash or Check  
please make CHECK  
to ELLENVILLE CSD

### Available Daily

We offer Breakfast Daily from 8:30 to 9:00AM Lunch includes an Entree, Vegetable, Fruit, Juice and Milk (1%, Skim or FF Chocolate). Garden salad w/ Turkey, Cheese and Egg, Tuna Salad, or Chef Salad available daily.

Sandwiches include Cheese Sandwich, Turkey and Cheese Salad, Ham and Cheese Sandwich, Bologna and Cheese Sandwich or Peanut Butter and Jelly Sandwich all offered on -whole grain bread or rolls.-

Contact FSD Bill Beadle at 845-647-0103 with questions or concerns