

# Welcome to our Lunch Cafe @

Ellenville Elementary

**March**  
2017

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

WHITSON'S School Nutrition  
**Produce of the Month**  
**Spinach**



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

6 Baked Chicken Nuggets  
Mashed Potatoes  
Corn  
Mixed Fruit  
Fresh Apple

7 Cheeseburger  
Sweet Potato Puffs  
Steamed Carrots  
Fresh Apple  
Cherry Tomatoes

8 Soft Beef Taco  
Brown Rice  
Steamed Green Beans  
Sweet Red Pepper Strips  
Apple Slices  
Fresh Orange

9 Hot Dog on a Bun  
Vegetarian Baked Beans  
Peas  
Fresh Pear  
Mixed Fruit

10 Cheese Pizza ✓  
Broccoli Florets  
Apple Slices  
Peach Cup  
Romaine & Cherry Tomato Salad  
  
Fish Available ask Your Server

**National School Breakfast Week**

13 Popcorn Chicken  
Baked Tater Tots  
Corn  
Applesauce  
Fresh Orange

14 Cheesy Stuffed Breadsticks with Marinara Sauce ✓  
Baked Sweet Potato Fries  
Glazed Carrots  
Fresh Apple  
Pineapple

15 Pancakes & Sausage ✓  
Syrup  
Steamed Green Beans  
Cherry Tomatoes  
Fresh Apple

16 Loaded Beef Nachos  
Chickpea Salad  
Brown Rice  
Steamed Spinach  
Pear  
Fresh Apple

17 Cheese Pizza ✓  
Romaine Salad w/ Tomato  
Broccoli Florets  
Cinnamon Applesauce  
Banana  
  
Fish Available ask Your Server

20 Baked Chicken Nuggets  
Mashed Potatoes  
Carrot Sticks  
Corn  
Pineapple  
Fresh Orange

21 Grilled Cheese Sandwich  
Baked Sweet Potato Fries  
Steamed Carrots  
Fresh Fruit Cup  
Fresh Orange

22 Pasta & Meatballs  
Garlic Bread  
Steamed Green Beans  
Sweet Red Pepper Strips  
Fresh Fruit Cup

23 Crispy Chicken & Cheese Sandwich  
Oven Baked Fries  
Peas  
Diced Pears  
Fresh Apple

24 Cheese Pizza ✓  
Romaine Salad w/ Tomato  
Broccoli Florets  
Cinnamon Applesauce  
Banana  
  
Fish Available ask Your Server

27 Popcorn Chicken  
Brown Rice  
Corn  
Mixed Fruit  
Fresh Apple

28 Meatball Parm Sandwich  
Baked Sweet Potato Fries  
Steamed Carrots  
Cherry Tomatoes  
Fresh Apple

29 Cheeseburger  
Oven Baked Fries  
Steamed Green Beans  
Cherry Tomatoes  
Fresh Apple

30 Chicken Parmesan Over Pasta  
W.G. Pasta with Butter  
Steamed Spinach  
Diced Pears  
Fresh Apple

31 Cheese Pizza ✓  
Romaine Salad w/ Tomato  
Broccoli Florets  
Cinnamon Applesauce  
Banana  
  
Fish Available ask Your Server

We purchase locally harvested produce whenever it's seasonally available, but we also take special care to make sure the rest of our produce is flash frozen within hours of harvesting. Flash freezing seals the vitamins and nutrients in, so our produce is loaded with nutritional

goodness. Our partners at Endico use mobile facilities that flash freeze produce right on the farm. Follow our QR code to learn more.



Lunch Prices

Lunch - \$1.65  
Reduced Lunch - \$0.25  
Adult - \$4.00  
Prepaid meals available online at

[www.myschoolbucks.com](http://www.myschoolbucks.com)  
or in the cafeteria (please make checks payable to Ellenville CSD)

AVAILABLE DAILY

We offer Breakfast Daily from 8:30-9:00 am. Lunch includes: Entree, Veg, Fruit, Juice, and Milk (1%, Skim or FF Choc.) Gardensalad w/ (Turkey, Tuna, Cheese, Egg), Chef Salad. Sandwiches: Cheese Sandwich, Turkey and American, Ham and American, Bologna and Cheese, PB&J, American ALL offered on Whole Grain bread and Rolls. Any questions or concerns PLEASE contact FSD Bill Beadle at 845-647-0103.

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.