

Welcome to our Lunch Cafe at...

Ellenville Maple Ave Complex (HS_MS)

January
2019

MEATLESS MONDAY

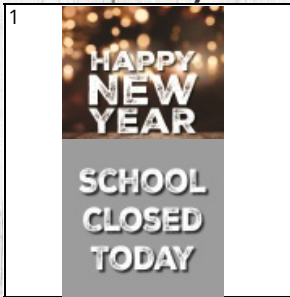
Monday

HARVEST
of the **MONTH**



MEATLESS MONDAY

Tuesday



Wednesday

2 Barbecue Rib Sandwich
Brown Rice
Green Beans
Cherry Tomatoes
Fresh Apple
Fresh Orange
Fresh Banana

Thursday

3 Homemade Beef Burger 🍔
Oven Baked Fries
Steamed Peas
Cucumber Coins
Cinnamon Applesauce
Fresh Banana
Fresh Orange

Friday

4 BBQ Chicken Sandwich
Baked Beans
Steamed Broccoli
Cherry Tomatoes
Fresh Grapes
Fresh Apple
Fresh Banana
Mixed Fruit

7 Roasted Vegetable Panini 🌱
General Tso's Chicken 🍗
Brown Rice
Oriental Vegetable Blend
Celery
Fresh Apple
Pineapple Chunks

8 Meatball Hero
Sweet Potato Fries
Steamed Carrots
Celery
Fresh Apple
Fresh Orange
Cinnamon Applesauce

9 Grilled Cheese Sandwich 🌱
Tomato Soup
Oven Baked Fries
Green Beans
Fresh Baby Carrots
Fresh Apple
Fresh Orange

10 Soft Tacos
Mild Salsa
Sour Cream
Mexican Style Rice
Sweet Corn
Black Beans
Cinnamon Applesauce
Fresh Orange
Fresh Banana

11 Three Cheese Calzone 🌱
Tomato Sauce Dip 🍷
Steamed Broccoli
Cucumber Coins
Fresh Orange
Fresh Apple
Diced Pear Cup
Fresh Banana

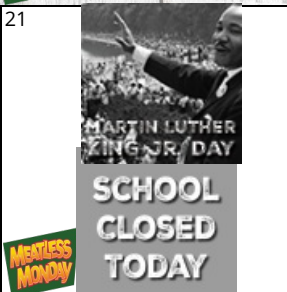
14 Cheesy Veggie Burger 🌱
Whole Grain French Toast
Slices 🌱
Syrup
Turkey Sausage Patty
Sweet Corn
Cherry Tomatoes
Cinnamon Applesauce
Mixed Fruit
Fresh Apple
Fresh Orange

15 Beef Hot Dog on Bun
Sweet Potato Fries
Baked Beans
Steamed Carrots
Fresh Apple
Mixed Fruit
Cinnamon Applesauce
Fresh Banana

16 Stuffed Bread 🌱
Tomato Sauce Dip 🍷
Green Beans
Fresh Baby Carrots
Mixed Fruit
Fresh Apple
Cinnamon Applesauce
Fresh Orange

17 BBQ Chicken Sandwich
Oven Baked Fries
Cucumber Coins
Celery
Diced Peach Cup
Fresh Apple
Fresh Banana

18 Sweet & Sour Chicken
Sauce & Toss
Vegetable Fried Rice
Oriental Vegetable Blend
Grape Tomatoes
Diced Pear Cup
Fresh Banana
Fresh Apple



MEATLESS MONDAY

22 Mozzarella Sticks 🌱
Tomato Sauce Dip
Sweet Potato Fries
Steamed Carrots
Cucumber Coins
Fresh Banana
Fresh Apple
Mixed Fruit
Fresh Orange

23 Chicken Fajita Mac & Cheese 🍷
Fresh Baby Carrots
Green Beans
Fresh Orange
Fresh Apple
Diced Pear Cup

24 Cheesy Chicken Sandwich
Baked Beans
Steamed Peas
Celery
Fresh Orange
Fresh Apple
Diced Pear Cup
Fresh Banana

25 Jamaican Jerk Chicken 🍷
Brown Rice Pilaf
Dinner Rolls
Black Beans
Steamed Broccoli
Cinnamon Applesauce
Pineapple Chunks
Fresh Banana

28 Roasted Vegetable Panini 🌱
Chicken Nuggets
Oven Baked Fries
Sweet Corn
Celery
Dinner Rolls
Fresh Apple
Mixed Fruit

29 Sloppy Joe on a Bun 🍷
Sweet Potato Fries
Steamed Carrots
Fresh Apple
Fresh Orange
Pineapple Chunks
Mixed Fruit

30 Stuffed Bread 🌱
Tomato Sauce Dip 🍷
Green Beans
Fresh Baby Carrots
Mixed Fruit
Fresh Apple
Cinnamon Applesauce
Fresh Orange

31 Grilled Cheese Sandwich 🌱
Tomato Soup
Oven Baked Fries
Steamed Peas
Fresh Baby Carrots
Fresh Apple
Fresh Orange
Diced Pear Cup



Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



LUNCH PRICES
Full Pay-\$1.80
Reduced- \$.25
Adult - \$4.00
Prepaid Available
Online at
www.myschoolbucks.com
or in the cafeteria
by Cash or Check
Please make check to ELLENVILLE CSD

AVAILABLE DAILY
Great American Deli-Premium Ham, Turkey, Cheese Salami, American, Swiss, Mozzarella on whole Grain Bread
La Cucina-Pizza, Calzone, Stromboli, Asst Toppings.
Miss Rubys-Burgers, Chicken patty, Veggie burger on Whole grain Buns.
Frait Express-PB&J, Asst. Salad Meals, Yogurt Parfaits.
Lunch Includes-Entree, Vegetable Choice, Fruit, Milk.
ANY QUESTIONS OR CONCERNS PLEASE CALL BILL BEADLE FSD AT 647-0103

🌱 VEGETARIAN 🍷 MADE WITH NATURAL INGREDIENTS 🐷 PORK 🌱 MADE WITH ORGANIC INGREDIENTS

*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. This institution is an equal opportunity provider.