

Welcome to our Lunch Cafe @

Ellenville Maple Ave Complex (HS_MS)

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday



FUEL




HARVEST
of the MONTH



fooditude

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

<p>2 Chicken Nuggets Mashed Potatoes Corn Fresh Apple Mixed Fruit Cinnamon Applesauce Pineapple Chunks Organic French Vanilla Yogurt</p>	<p>3 Grilled Cheese Sweet Potato Fries Glazed Carrots Fresh Apple Fresh Orange Celery Organic French Vanilla Yogurt</p>	<p>4 Beef Hot Dog on Bun Oven Baked Fries Grape Tomatoes Green Beans Fresh Apple Fresh Orange Pineapple Chunks Organic French Vanilla Yogurt</p>	<p>5 Mozzarella Sticks Brown Rice Peas Celery Fresh Apple Fresh Banana Mixed Fruit Organic French Vanilla Yogurt</p>	<p>6 Cheeseburger Mac & Cheese Tator Tots Steamed Broccoli Grape Tomatoes Cinnamon Applesauce Fresh Banana Organic French Vanilla Yogurt</p>
<p>9 </p>	<p>10 Cheeseburger Sweet Potato Fries Grape Tomatoes Side of Carrots Organic French Vanilla Yogurt Fresh Apple Fresh Orange Cinnamon Applesauce</p>	<p>11 Soft Taco Brown Rice Green Beans Red Pepper Strips Organic French Vanilla Yogurt Cinnamon Applesauce Fresh Orange Mixed Fruit</p>	<p>12 Pancakes & Sausage Syrup Peas Diced Pears Organic French Vanilla Yogurt Cinnamon Applesauce Fresh Apple </p>	<p>13 Chicken Fajita Brown Rice Broccoli Florets Organic French Vanilla Yogurt Cinnamon Applesauce Fresh Orange Fresh Banana Mixed Fruit</p>
<p>16 Popcorn Chicken Oven Baked Fries Corn Fresh Apple Organic French Vanilla Yogurt Mixed Fruit Cinnamon Applesauce Fresh Orange</p>	<p>17 Stuffed Bread Sticks Spaghetti Sauce Sweet Potato Fries Glazed Carrots Organic French Vanilla Yogurt Grape Tomatoes Diced Peach Cup Cinnamon Applesauce</p>	<p>18 Sloppy Joe on a Bun Oven Baked Fries Green Beans Fresh Orange Fresh Apple Diced Pears Organic French Vanilla Yogurt</p>	<p>19 Nachos Grande Brown Rice Steamed Spinach Diced Peach Cup Organic French Vanilla Yogurt Diced Pears Cinnamon Applesauce Fresh Banana</p>	<p>20 Chicken Stir Fry Brown Rice Side Garden Salad Diced Pears Organic French Vanilla Yogurt Cinnamon Applesauce</p>
<p>23 Chicken Nuggets Mashed Potatoes Corn Organic French Vanilla Yogurt Cinnamon Applesauce Fresh Orange Pineapple Chunks</p>	<p>24 Grilled Cheese Sweet Potato Fries Side of Carrots Diced Peach Cup Organic French Vanilla Yogurt Cinnamon Applesauce Mixed Fruit</p>	<p>25 Superintendent Conference Day No SCHOOL For Students</p>	<p>26 Smokehouse Chicken Sandwich* Baked Beans Steamed Spinach Chickpea Salad Fresh Banana Mixed Fruit Organic French Vanilla Yogurt</p>	<p>27 3 Cheese Stromboli Garden Salad Steamed Broccoli Cinnamon Applesauce Pineapple Chunks Fresh Banana Organic French Vanilla Yogurt</p>
<p>30 Popcorn Chicken Brown Rice Corn Organic French Vanilla Yogurt Fresh Apple Mixed Fruit Cinnamon Applesauce Fresh Orange</p>	<p>31 Meatball Parmesan Sandwich Sweet Potato Fries Glazed Carrots Pineapple Chunks Organic French Vanilla Yogurt Fresh Apple Baby Carrots</p>	<p>FUEL fooditude </p>		

SIMPLY ROOTED™
in food and family

All of our products have zero trans-fats, unless they are naturally occurring. 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- \$.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

*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.