

# Welcome to our Lunch Cafe @

Ellenville Maple Ave Complex (HS\_MS)

November 2017

Monday

Tuesday

Wednesday

Thursday

Friday



**HARVEST**  
of the  
MONTH



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

6 Chicken Nuggets  
Tator Tots  
Corn  
Organic French Vanilla Yogurt  
Cinnamon Applesauce  
Fresh Orange  
Pineapple Chunks

7 Cheeseburger  
Sweet Potato Fries  
Grape Tomatoes  
Side of Carrots  
Organic French Vanilla Yogurt  
Fresh Apple  
Fresh Orange  
Cinnamon Applesauce  
Burger  
Mixed Fruit

8 Soft Taco  
Brown Rice  
Green Beans  
Red Pepper Strips  
Organic French Vanilla Yogurt  
Cinnamon Applesauce  
Fresh Orange  
Mixed Fruit

9 Pancakes & Sausage  
Syrup  
Peas  
Diced Pears  
Organic French Vanilla Yogurt  
Cinnamon Applesauce  
Fresh Apple  
Fresh Banana



13 Popcorn Chicken  
Oven Baked Fries  
Corn  
Fresh Apple  
Organic French Vanilla Yogurt  
Mixed Fruit  
Cinnamon Applesauce  
Fresh Orange

14 Stuffed Bread Sticks  
Spaghetti Sauce  
Sweet Potato Fries  
Glazed Carrots  
Organic French Vanilla Yogurt  
Grape Tomatoes  
Diced Peach Cup  
Cinnamon Applesauce  
Fresh Apple

15 Sloppy Joe on a Bun  
Oven Baked Fries  
Green Beans  
Fresh Orange  
Fresh Apple  
Diced Pears  
Organic French Vanilla Yogurt

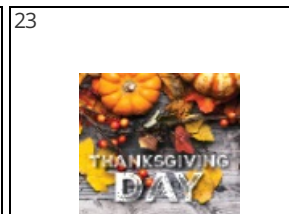
16 Nachos Grande  
Brown Rice  
Steamed Spinach  
Diced Peach Cup  
Organic French Vanilla Yogurt  
Diced Pears  
Cinnamon Applesauce  
Fresh Banana

17 Chicken Stir Fry  
Brown Rice  
Side Garden Salad  
Diced Pears  
Organic French Vanilla Yogurt  
Cinnamon Applesauce

20 Chicken Nuggets  
Mashed Potatoes  
Corn  
Organic French Vanilla Yogurt  
Cinnamon Applesauce  
Fresh Orange  
Pineapple Chunks

21 Grilled Cheese  
Sweet Potato Fries  
Side of Carrots  
Diced Peach Cup  
Organic French Vanilla Yogurt  
Cinnamon Applesauce  
Mixed Fruit

22 Whole Grain Fish Sticks  
Oven Baked Fries  
Green Beans  
Fresh Orange  
Fresh Apple  
Diced Pears  
Organic French Vanilla Yogurt



27 Popcorn Chicken  
Brown Rice  
Corn  
Organic French Vanilla Yogurt  
Fresh Apple  
Mixed Fruit  
Cinnamon Applesauce  
Fresh Orange

28 Meatball Parmesan  
Sandwich  
Sweet Potato Fries  
Glazed Carrots  
Pineapple Chunks  
Organic French Vanilla Yogurt  
Fresh Apple  
Baby Carrots  
Cinnamon Applesauce

29 Waffles  
Syrup  
Green Beans  
Diced Pears  
Organic French Vanilla Yogurt  
Cinnamon Applesauce  
Fresh Apple  
Fresh Banana

30 Nachos with Cheese  
Brown Rice  
Steamed Spinach  
Diced Peach Cup  
Organic French Vanilla Yogurt  
Diced Pears  
Cinnamon Applesauce  
Fresh Banana



## 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- \$.25

Adult - \$4.00

Prepaid Available

Online at

[www.myschoolbucks.com](http://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.

Fruit 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