

Welcome to our Lunch Cafe @

Ellenville Maple Ave Complex
(HS/MS)

September
2017

Monday

Tuesday

Wednesday

Thursday


Friday



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

CLOSED FOR LABOR DAY



<p>4</p> 	<p>5</p> <ul style="list-style-type: none"> Cheeseburger Sweet Potato Fries Grape Tomatoes Side of Carrots Fresh Apple Fresh Orange Burger Mixed Fruit Diced Peach Cup 	<p>6</p> <ul style="list-style-type: none"> Soft Taco Brown Rice Green Beans Red Pepper Strips Fresh Orange Mixed Fruit 	<p>7</p> <ul style="list-style-type: none"> Pancakes & Sausage Syrup Peas Diced Pears Fresh Apple Banana 	<p>8</p> <ul style="list-style-type: none"> Chicken Fajita Brown Rice Broccoli Florets Fresh Orange Banana Mixed Fruit
<p>11</p> <ul style="list-style-type: none"> Popcorn Chicken Oven Baked Fries Corn Fresh Apple Mixed Fruit Fresh Orange Applesauce 	<p>12</p> <ul style="list-style-type: none"> Stuffed Bread Sticks Spaghetti Sauce Sweet Potato Fries Glazed Carrots Grape Tomatoes Diced Peach Cup Fresh Apple Mixed Fruit 	<p>13</p> <ul style="list-style-type: none"> Beef Hot Dog on Bun Green Beans Red Pepper Strips Diced Pears Baked Beans Fresh Orange 	<p>14</p> <ul style="list-style-type: none"> Nachos Grande Brown Rice Steamed Spinach Diced Peach Cup Diced Pears Banana 	<p>15</p> <ul style="list-style-type: none"> Chicken Stir Fry Brown Rice Side Garden Salad Diced Pears Applesauce
<p>18</p> <ul style="list-style-type: none"> Chicken Nuggets Mashed Potatoes Corn Fresh Orange Pineapple Chunks Applesauce 	<p>19</p> <ul style="list-style-type: none"> Grilled Cheese Sweet Potato Fries Side of Carrots Diced Peach Cup Mixed Fruit Applesauce 	<p>20</p> <ul style="list-style-type: none"> Pasta & Meatballs Garlic Bread Green Beans Red Pepper Strips Fresh Apple Applesauce 	<p>21</p> <ul style="list-style-type: none"> Crispy Chicken Sandwich Oven Baked Fries Peas Diced Pears Fresh Orange Banana 	<p>22</p> <ul style="list-style-type: none"> Whole Grain Fish Sticks Oven Baked Fries Broccoli Florets Diced Peach Cup Applesauce
<p>25</p> <ul style="list-style-type: none"> Popcorn Chicken Brown Rice Corn Fresh Apple Mixed Fruit Fresh Orange Applesauce 	<p>26</p> <ul style="list-style-type: none"> Meatball Parmesan Sandwich Sweet Potato Fries Glazed Carrots Pineapple Chunks Fresh Apple Baby Carrots 	<p>27</p> <ul style="list-style-type: none"> Cheeseburger Oven Baked Fries Green Beans Red Pepper Strips Fresh Apple Mixed Fruit Diced Peach Cup 	<p>28</p> <ul style="list-style-type: none"> Chicken Parmesan Over Pasta Pasta with Butter Peas Mixed Fruit Fresh Orange Banana 	<p>29</p> <ul style="list-style-type: none"> Calzone 3 Cheese Side Garden Salad Steamed Broccoli Diced Pears Cinnamon Applesauce Banana

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com



or scan our QR code to see all that we are doing to keep our young customers healthy!



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.

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

*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.