

Welcome to our Lunch Cafe @

Ellenville Maple Ave Complex
(HS/MS)

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
Chicken Nuggets
Mashed Potatoes
Corn
Empire Apple
Mixed Fruit
Applesauce

7
Burger Bar
Steamed Carrots
Sweet Potato Puffs
Cherry Tomatoes
Mixed Fruit
Peach Cup

8
Soft Beef Taco
Brown Rice
Steamed Green Beans
Sweet Red Pepper Strips
Mixed Fruit
Fresh Orange

9
Hot Dog on a Bun
Vegetarian Baked Beans
Peas
Empire Apple
Diced Pears
Banana

10
Chicken Fajita
Brown Rice
Broccoli Florets
Mixed Fruit
Fresh Orange
Banana

National School Breakfast Week

13
Popcorn Chicken
Oven Baked Fries
Corn
Applesauce
Fresh Orange

14
Cheesy Stuffed Breadsticks with Marinara Sauce ✓
Baked Sweet Potato Fries
Glazed Carrots
Cherry Tomatoes
Peach Cup
Mixed Fruit
Empire Apple

15
Pancakes with Turkey Sausage Syrup
Steamed Green Beans
Sweet Red Pepper Strips
Diced Pears
Fresh Orange

16
Loaded Beef Nachos
Diced Pears
Brown Rice
Steamed Spinach
Banana
Peach Cup

17
Three Cheese Calzone ✓
Broccoli Florets
Romaine Salad w/ Tomato
Diced Pears
Applesauce

20
Baked Chicken Nuggets
Mashed Potatoes
Corn
Pineapple
Fresh Orange
Applesauce

21
Grilled Cheese Sandwich
Baked Sweet Potato Fries
Steamed Carrots
Mixed Fruit
Diced Pears
Peach Cup

22
Pasta & Meatballs
Diced Pears
Garlic Bread
Steamed Green Beans
Sweet Red Pepper Strips
Applesauce

23
Crispy Chicken & Cheese Sandwich
Mixed Fruit
Oven Baked Fries
Peas
Diced Pears
Peach Cup
Applesauce

24
Chicken Stir Fry over Rice
Brown Rice
Vegetable Stir Fry
Mixed Fruit
Applesauce

27
Popcorn Chicken
Brown Rice
Corn
Peach Cup
Mixed Fruit

28
Meatball Sandwich
Baked Sweet Potato Fries
Steamed Carrots
Sweet Red Pepper Strips
Peach Cup
Mixed Fruit

29
Burger Bar
Oven Baked Fries
Steamed Green Beans
Cherry Tomatoes
Mixed Fruit
Fresh Orange

30
Chicken Parmesan Over Pasta
W.G. Pasta with Butter
Steamed Spinach
Banana
Diced Pears
Mixed Fruit

31
Fish Sticks
Baked Tater Tots
Romaine & Cherry Tomato Salad
Broccoli Florets
Mixed Fruit
Banana

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
Full-\$1.65
Reduced-\$2.50
Adult-\$4.00
Prepaid Available Online
www.myschoolbucks.com
or in the Cafeteria
Please make checks payable to Ellenville CSD

AVAILABLE DAILY
Great American Deli: Premium Ham and Turkey, Turkey Salami, Turkey Bologna, Low Fat American Cheese, Swiss & Mozzarella Cheese, Tuna or Egg Salad, Whole Wheat Bread, rolls & Wraps.
Miss Ruby's: Hamburger, Cheeseburger, Chicken Patty, Mozzarella Sticks, Veggie Burger on Whole Wheat Rolls.
La Cucina: Pizza, Cheese, Pepperoni and Specialty Pizza Daily.
Fruit Express: PB&J, Assorted Salad Meals, Yogurt Parfaits w/Granola
Lunch Include: Entree, Vegetable Choice, Fruit Choice and Skim, 1% or Non Fat Chocolate Milk.
Any Questions or Concerns 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.