

# Welcome to our Lunch Cafe @

Ellenville Maple Ave Complex  
(HS/MS)

May  
2017

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**1** Chicken Nuggets  
Mashed Potatoes  
Corn  
Empire Apple  
Mixed Fruit  
Applesauce

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

**3** Mozzarella Sticks & Marinara Sauce ✓  
Brown Rice  
Steamed Green Beans  
Sweet Red Pepper Strips  
Mixed Fruit  
Fresh Orange  
Organic Yogurt Parfait with Granola

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

**5** Chicken Fajita  
Brown Rice  
Broccoli Florets  
Mixed Fruit  
Fresh Orange  
Banana

**8** Popcorn Chicken  
Oven Baked Fries  
Corn  
Applesauce  
Fresh Orange

**9** Cheesy Stuffed Breadsticks with Marinara Sauce ✓  
Baked Sweet Potato Fries  
Glazed Carrots  
Cherry Tomatoes  
Peach Cup  
Mixed Fruit  
Empire Apple  
Organic Yogurt Parfait with Granola

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

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

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

**15** Baked Chicken Nuggets  
Mashed Potatoes  
Corn  
Pineapple  
Fresh Orange  
Applesauce

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

**17** Pasta & Meatballs  
Diced Pears  
Garlic Bread  
Steamed Green Beans  
Sweet Red Pepper Strips  
Applesauce  
Organic Yogurt Parfait with Granola

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

**19** Chicken Stir Fry over Rice  
Brown Rice  
Vegetable Stir Fry  
Mixed Fruit  
Applesauce

**22** Popcorn Chicken  
Brown Rice  
Corn  
Peach Cup  
Mixed Fruit

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

**24** Burger Bar  
Oven Baked Fries  
Steamed Green Beans  
Cherry Tomatoes  
Mixed Fruit  
Fresh Orange  
Organic Yogurt Parfait with Granola

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

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

**29** CLOSED FOR MEMORIAL DAY

**30** Baked Chicken Nuggets  
Sweet Potato Fries  
Glazed Carrots  
Diced Pears  
Mixed Fruit  
Empire Apple

**31** Grilled Cheese Sandwich ✓  
Baked Tater Tots  
Steamed Green Beans  
Mixed Fruit  
Applesauce  
Empire Apple  
Organic Yogurt Parfait with Granola

Produce of the Month  
**Lettuce**  
Lunch Prices  
Full - \$1.65  
Reduced - \$1.25  
Adult - \$4.00  
Prepaid, Available Online  
[www.schoolsnacks.com](http://www.schoolsnacks.com)



We proudly serve in the Cafeteria  
local and sustainable products  
please make checks payable to Ellenville CSD

Honoring the Cafeteria  
Low Fat American Cheese  
Swiss/Mozzarella Cheese, Tuna or Egg Salad, Whole Wheat Bread, Oils & 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

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten & allergen free foods and purchase locally when seasonally available. Check us out at [www.Whitsons.com](http://www.Whitsons.com) or scan our QR code to see all that we are doing at your school to keep your kids healthy!



\*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.