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Knight News

An Ellington High School Newsletter

www.ellingtonpublicschools.org/HighSchool/home.htm



Dear Parent/Guardian,

As part of our school improvement plan our entire teaching staff has made a concerted effort to improve student reading skills in all content areas. Teachers have developed individual goals that support our improvement plan and focus on strategies designed to improve student literacy. High school learners confront many types of reading demands not only in their English classes, but in all content areas. The high school teaching staff is gaining a common understanding about the reading process that will help us achieve our expectations for students to “read and write effectively”. You can join us in this initiative by stressing the importance of reading at home as an essential part of the teaching/ learning process.

Extra-curricular activities help contribute to our social expectations for student learning. Through these activities we give students the opportunities to practice moral and ethical conduct, affirm diversity and practice respect and demonstrate skills competencies for personal well being and growth. Our junior-senior prom is a major school event that helps develop our students’ social skills.

Please join us in promoting a safe, drug- and alcohol-free weekend as we celebrate our junior-senior prom. Our pre-prom assembly is scheduled for May 9 at 9:25 a.m. Every four years the combined efforts of our town’s volunteer service organizations and the DAPC organize a mock crash scenario to bring home the realization of the effects of drinking and driving. This is a powerful presentation that we hope will make a lasting impact on our students. The junior/senior prom will be held at La Renaissance in East Windsor on Friday, May 16. Per school policy, we will be utilizing the passive alcohol screening device with all attendees including guests. Please read the additional details about our prom in this newsletter.

The Board of Education has set our graduation date for Friday, June 20. The ceremony will be held on the EHS Athletic Field at 6:00 p.m. We look forward to sharing this significant milestone with families and friends.

The weather is getting better every day. Please support the many spring activities that are now underway here at EHS. The students love to see spectators. I hope to see you out there!

Sincerely,
Neil Rinaldi, Principal



NATIONAL MERIT SCHOLARSHIP

Congratulations to **Chakardhar Pellakuru** and **Nathan Van Wyck** who took the 2007 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®) and met requirements to enter the 2009 National Merit® Scholarship Program. **Chakardhar** and **Nathan** are among the 50,000 highest-scoring participants of some 1.5 million program entrants. Of the more than 50,000 students, about 16,000 will be named National Merit Program Semifinalists and approximately 34,000 other high scorers will be commended for their performance on the PSAT/NMSQT.

NATIONAL HONOR SOCIETY INDUCTION

Congratulations to the following students who were inducted into the Robert W. Murphy Chapter of the National Honor Society during a special ceremony at Ellington High School on April 30th: **Chelsea Alves, Christopher Binkowski, Joshua Boscarino, Taylor Brown, Sarah Chouinard, Jessica Dennis, Michelle Ducharme, Jason Ferreira, Alyssa Fidanza, Nicole Fillion, Brittany Garnelis, Michael Gordon, Julianne Gottier, Alayna Graziani, Elizabeth Harding, Jessica Hiestand, Annalise Hurley, Michelle Kim, Kristen Kline, Timothy Larew, Jeremy Loretz, Carley Marholin, Amanda McAllister, Kelly McPartland, Matthew Miller, Jason Neeson, Alyssa Pallotti, Hayley Palozej, Chakardhar Pellakuru, Jeffrey Perron, Brooke Porter, Emily Savino, Adam Sawamura, Christian Schirra, Jennifer Spartz, Karalyn Stauffer, Holly Steinmetz, Nathan Van Wyck, James Viega, and Olivia Wick-Bander.**

EHS COMPETES IN PHYSICS BOWL

Congratulations to five honors physics students who participated in the Physics Bowl competition on April 8. The Physics Bowl is designed to encourage interest in physics and recognize students’ scientific achievement. The participants were **Andrew Cannella, Sara Ewing, Kevin Goldthwaite, Abdulla Jabr and Lucas Smith-Horn.** The results will be announced later in May.

CAS SCHOLAR-ATHLETE AWARDS

Congratulations to **Lucas Smith-Horn** and **Amanda Sullivan** on being named Ellington High School's recipients of the Connecticut Association of Schools Twenty-Fourth Annual Connecticut High School Scholar-Athlete Awards. They were recognized at a banquet at the Aqua Turf Club on May 4.

ATHLETES NAMES TO ALL-ACADEMIC TEAM

Kevin DeLand and **Emily Yourie** have been named to the Journal Inquirer Winter 2007-2008 All-Academic Team. Both Kevin and Emily are recognized for academic excellence and their varsity status. A photograph of the all-academic team will appear in the Journal Inquirer.

GRADUATION

The Class of 2008 will graduate on Friday, June 20 at 6:00 pm on the EHS athletic field. We look forward to sharing graduation with our seniors and their families.



Seniors and their parents should have received information from the Safe Graduation Committee by now. The committee members are working hard to provide our graduates with a fun, safe, and memorable graduation night. We are very appreciative of their efforts and your support.

UPCOMING SENIOR EVENTS

Class Dues

Class dues are being collected. Dues are \$95 and must be paid by Monday, May 19th in order to participate in class day. Seniors should bring their checks payable to "EHS Activity Fund" to either Ms. Gallucci or Mrs. McCallum.

Class Day

Class Day has been scheduled for Friday, May 23rd at High Meadow in Granby.

Class Night

Class Night will be held at 6:30 pm on Tuesday, June 10 at Adams Mill Restaurant in Manchester.

JUNIOR/SENIOR PROM

The Junior/Senior Prom will be held on Friday, May 16th at La Renaissance in East Windsor from 6:30 pm – 11:00 pm. Prom tickets were on sale through May 2nd. Grynn & Barrett Studios will be at La Renaissance to take photographs. Photo ordering information was distributed with the prom tickets. Please contact Ms. Gallucci (ext. 238) or Mrs. McCallum (ext. 445) with any questions.

We realize that many students make arrangements for hair, nail, and other appointments well in advance.

Therefore, we remind everyone of the requirements for attending school on prom day in order to attend the evening's festivities. All students wishing to leave early to prepare for the prom **must** submit a parental permission note to the office. Students with a parental permission note will be allowed to leave no earlier than the conclusion of E Block. (EHS Student Handbook, page 9)

DRESS CODE REMINDER FOR SPRING

With the approach of warmer spring weather, we ask for your cooperation and attention to the dress code. In particular, we ask that shirts, skirts, and shorts fit appropriately. Midriffs must be covered and clothing should not be revealing, too tight, or too short. While we recognize that short skirts are fashionable, they are inappropriate for school. Please refer to page 58 in the Student Handbook for the specifics of the dress code.



FAMILY & CONSUMER SCIENCE NEWS

The major successes for the past month or two have centered around the preschool. We have observed substantial social and emotional growth in the children. Instead of standing alone in the corner and watching other children play, one child joins in cooperative play and appears very confident. The separation tears from another child have turned to gleeful laughter and chatter. Some children have made new friends, their first outside of the home perhaps. They are learning about school routines such as circle time, sharing, manners and even walking in a straight line in the hall. The only downfall is that there is never enough time to do all the great activities the high school students plan. We have visited the ambulance; climbed in the seat of the fire truck; made cookies, fruit salad and pudding, and even got to play with two baby lambs in the courtyard. Students are about ready to conduct our parent – teacher conferences at which time they will share their observations and together with the parents will set goals for each child while in preschool and at home.

In addition to these hands-on experiences, students are preparing for their careers by hearing about the early childhood programs at colleges such as Goodwin College and Mitchell College. Representatives spoke to both classes in Child Development and Early Childhood Education. It never hurts to hear another perspective and explore all your options.

OPENING KNIGHT PLAYERS

Members of the Opening Knight Players will transport you to a simpler time with the ultimate feel-good musical, Bye Bye Birdie on May 8, 9, 10 at 7:30 pm. There will also be a special 2 pm performance on

Saturday May 10, 2008. Winner of four 1961 Tony Awards, including Best Musical, the plot revolves around rock 'n' roll superstar Conrad Birdie (loosely based on Elvis Presley), who, to the dismay of his adoring fans, is about to be drafted into the army. But, comic complications ensue when, as part of a publicity stunt cooked up by his agent, he promises to give a good-bye kiss to one lucky girl from Sweet Apple, Ohio on "The Ed Sullivan Show." The upbeat score features "Put On A Happy Face," "A Lot of Livin' To Do," and "One Last Kiss." Tickets, which are \$10 for general admission and \$8 for students and senior citizens, can be purchased at the door or prior to the event at the EHS main office from 7:00 am – 2:30 pm.

In conjunction with Hall Memorial Library, members of the **Opening Knight Players** presented an evening of "Poetry and Shakespeare" in honor of Poetry Month. This event was held on April 23 with readings given by **Kevin Goldthwaite, Emily Reed, Samantha Skeels, Jessica Miller, Jason Brown, and Brooke Porter.**

SPORTS

Spring Sports

Our spring athletes have a busy schedule of practices and games/meets/matches. Your continued support of our baseball, softball, track, golf, and lacrosse, and tennis teams is appreciated. Please visit www.ciacsports.org for updated schedules and tournament information. **Spring Sports Awards**

Night has been scheduled for Thursday, June 12 at 6:00 pm in the auditorium. All athletes, team managers, and their families are invited to attend.

LIBRARY NEWS

The May book for the Booked for Lunch Club is *Five People You Meet in Heaven* by Mitch Albom, the author of *Tuesdays with Morrie*. After the lunch discussion, we plan on a meeting after school to watch the movie. Since so many members are busy with after school activities, the library will have copies of the movie to sign out and watch at home.

GUIDANCE DEPARTMENT NEWS

Test Day Tips

If your student is planning on taking the SAT Reasoning, SAT Subject Test, or ACT this spring, he/she probably has pre-test jitters. We've compiled some tips to help you help your student conquer any fears.

Before Test Day

Make sure to have two No. 2 pencils and a soft eraser. A No. 2 pencil is required to answer the essay and the multiple-choice questions. Mechanical pencils are not allowed. Pens are not



allowed. Students should gather everything they'll need the night before the test - pencils, erasers, calculator, glasses, watch, etc.

Students can become familiar with the standardized tests by taking sample tests. They can access sample tests online or purchase test prep books. Students can find the practice SAT at <http://www.collegeboard.com> or ACT test at: <http://www.act.org>

Have your SAT Admission Ticket and acceptable photo ID ready. You will need your Admission Ticket and photo ID for admission to the test center.

Prepare snacks to bring with you. Although food or beverages cannot be opened in the test room, you may stow them under your chair or desk and consume them outside the test room during breaks. A healthy snack will go a long way in keeping you alert during the entire test.

Students should find out exactly where the test is given. Many standardized tests are given in large facilities your students may be unfamiliar with. They should find out the building number/name and room number in which the test will be given.

Check to see if your test center is open. Visit www.collegeboard.com on Friday for a list of test center closings. On Saturday morning, if there is bad weather in your area, tune into your local media (like you do for school closing announcements) to make sure that your test center has not been affected.

Be well-rested and ready to go. Students should get a good night's sleep the night before the test.

Students should get up early and eat breakfast on test day.

Plan ahead to arrive at the test center on time. Students should arrive 10-15 minutes early – if students are not pushed for time, it will help them feel more in control. Unless otherwise noted on your Admission Ticket, arrive at the test center no later than 7:45 a.m. Testing should start at approximately 8 a.m.

On Test Day

Give yourself plenty of time to get to the test center. Consider traffic, weather conditions, flat tires, and anything else that could slow you down.

Be sure to test at the center indicated on your Admission Ticket. Even if you're scheduled to test at a center that was not your first choice, you are only guaranteed admission to the test center listed on your Admission Ticket. Seating is very limited at other test centers.

Students should answer easy questions first – this will help them to build confidence.

If students don't know the answer to a multiple choice question, they should first eliminate obviously wrong answers. Then they should try the remaining answers to see which one makes the most sense.

Use breaks to eat or drink any snacks you have brought with you. You will have several breaks during the test. Use them to relax and eat a snack, so you can stay focused.

Advise your students to relax – and to try to just do their best.

Pace yourself during the test. Remember, each question counts the same. If you find yourself spending too much time on one question, move on to the next question.

Answer every question on the ACT. Your score on the ACT tests will be based on the number of questions that you answer correctly; there is no penalty for guessing. Thus, you should answer every question within the time allowed for each test, even if you have to guess. The supervisor will announce when there are five minutes remaining on each test.

Keep in mind with the SAT a fraction of a point is deducted for each wrong answer; although you are not penalized for questions which are omitted.

ACT Registration

ACT Registration deadline for the June 14th test is May 9th. Students can register on-line at www.act.org.

Helpful Web Sites

www.ellingtonpublicschools.org/HighSchool/home.htm
Visit our web site often. You will find up-to-date information regarding college applications, financial aid, SAT and ACT. As well as a What's New and Parents Page sections.

www.act.org/discover/ The DISCOVER[®], ACT's program is comprehensive career planning and college exploration system. As a reminder, every junior and sophomore has been given a token and has a password to access the DISCOVER[®] program.

www.ctmentor.org CTMentor[™] is an online free service for students and their families who are exploring CT colleges.

www.collegenet.com Cool-looking site with an enormous searchable database of schools, plus links to the colleges. Search variables include state or region, majors, and tuition.

www.collegeview.com One of the most detailed search engines on the Net, with wide-ranging criteria that includes diversity, field study, religious affiliation, athletics, and service for disabled students.

www.kaplan.com Extensive links to colleges and universities. Advice on interviews and admission.

www.collegeboard.com Useful information about campus visits, interviews, and other parts of the college search process. Downloadable applications for over 800 colleges and a solid, comprehensive search engine. There is also an abundance of information on SAT.

www.act.org ACT is an organization that provides assessment, information, and program management services in the broad areas of education and career information. Students can register online for the ACT

www.ncaaclearinghouse.net Student-athletes should register on line. Registration material can be accessed from the home page by clicking on "Prospective Student-Athletes".

www.princetonreview.com A pretty good search engine with a wide array of variables, including location, academics, sports, student life, and housing.

www.fafsa.ed.gov

Interactive Web version of the Free Application for Federal Student Aid.

www.fastweb.com A free, searchable scholarship database that enables you to locate sources of financial aid that is suitable for you.

www.finaid.org

Rich offerings on everything from scam alerts to scholarship searches.

www.usnews.com

College ranking, advice from high school counselors and financial aid experts, a comprehensive college search engine, and college links galore.

www.petersons.com/ugrad/

Campus news, advice on writing application essays, and an engine for college search.

College Search Tips

(article provided by the Connecticut Student Loan Foundation)

The Early Awareness and College Planning staff at CSLF assists hundreds of families each year. One trend we have noticed is an increased number of students

who are applying to six or more colleges, with some students applying to as many as twelve schools. Whenever I see an unusually long college list, I ask the student, "Why"? The usual response is that the student is afraid of being denied admission at some schools, so decides to add more schools. There is also a growing group of students who simply can not seem to cut down their lists.

When I ask a few more questions, I find that many of the students don't appear very knowledgeable about the colleges on their list and nearly all of them have applied to several schools that they have never visited. While students are not always able to visit every college to which they are applying, they should know some basic information about each school on their list.

Urge your students to become Internet sleuths. Every student should be willing to spend a few hours researching each of the schools they are considering spending the next four (five or six) years attending. Before students complete a college application, they should be able to provide a sound rationale for why that school is on their list. If they visit a school's website, they can find most of the following information:

***List of majors** - Students should know if the school offers a course of studies of interest to them.

***Academic requirements** - Students should know the median SAT/ACT scores (and if they are required) and grade point average of the previous year's freshmen class.

***Total cost of attendance** - Since cost is usually a concern, students should find out the basic costs of tuition, fees, and room and board.

***Types of financial aid available** - Some schools only provide need-based aid while others provide a combination of need and merit aid. Students should be able to find out the types of aid available through the institution, what financial aid forms are required, and the deadlines for submission.

***Student life** - This is where students can do their most creative exploring. They should read a few back issues of the student newspaper (usually available online but they may have to search for it). They should check out the clubs and athletic programs available. Also, student blogs are now posted on many college websites. Some colleges, such as MIT, pay students to post their blogs and agree not to make any editorial changes. The goal is to get your students to look beyond the glossy marketing pages of the website and find out as much as possible about the campus. With the right amount of research they can find out if most students leave campus every Friday and return on Monday. They can also learn the

typical class size and if they will be spending a lot of time in large lecture halls. Your super sleuths should be able to find out the school's freshman retention rate and how many years it takes the typical student to graduate.

When students do this type of research before sending out applications, they will be better informed regarding the schools to which they are applying and their college lists may be cut in half.

Help Your Child Get Ahead this Summer! Summer is just around the corner, and it couldn't have gotten here fast enough. This is a great time for your child to kick back, relax, and reward himself for a year of hard work. It's also an opportunity for him to take advantage of resources that can expose him to new ideas and experiences while helping him build a strong application. Encourage him to use his time well!

These tips will help your child get ahead on the admissions process this summer:

1. **Search for scholarships.** You'd be surprised by how many scholarships are available right in your own community, through churches, professional groups, and other community organizations. If your child is in the Class of 2008, this is the time to discover some great scholarships that can help defray your college expenses. Students in the Class of 2009 can start planning early by investigating programs that require a longer application process.
2. **Help your child experience his dream school.** Does your child have his heart set on a particular school? It may help for him to try it out for the summer. Many colleges offer academic and athletic enrichment programs for high school students over the summer. Spending a summer, or even a few weeks, on campus is a fantastic way for your child to get to know a school. And admissions officers are more likely to believe that he's truly interested in their school.
3. **Depth not breadth.** Colleges want well-rounded student bodies, not necessarily well-rounded students. Students who excel or are deeply involved in a few areas will rise above those who are minimally involved in lots of areas. For the Class of '08, it's not too late for your child to show how committed he is to a particular interest by pursuing it over the summer. Students in the Class of 2009 might want to take this opportunity to think about long-term goals and invest their time in something they can extend over the next few years. Internships, paying jobs, volunteer organizations, and community involvement are a good place to start.

4. **Start early.** Class of '09 students can get their test prep out of the way before senioritis hits in the fall.

EVFD JUNIORS SEEK NEW MEMBERS

The Ellington Volunteer Fire Dept. is looking for members to join their explorer post. The program has been running since last summer and has had a great start. Junior Firefighting consists of learning about fire behavior, safety, and rescue. We go on many trips around the state and visit many places to learn about fire rescue and we will continue to travel to sites related to fire. We have visited dispatch centers, training camps for firefighting and more. The EVFD is a well respected organization where you will be able to be active in the community and be able to enjoy taking part in your town. There are currently six members and still growing. We are currently recruiting more members so if you are interested, please join. If you have any interest in a firefighting career or are just looking for something to do, this is the first step. You can pick up applications in main office at the high school, or stop by the firehouse. You can call the fire dept at 870-3190 for more information.

PARENT MEETING

The next and final parent meeting of the year will be held on **Monday, May 12** at 7:00 pm in the library presentation room. The principal and assistant principal invite all interested parents and guardians to attend. This will be the last parent meeting of the school year.

NEWSLETTER E-MAILED

The monthly newsletter is now e-mailed to all parent/guardian e-mail addresses on file. Those who do not have e-mail addresses will continue to receive the newsletter through the U.S. Postal Service. If you have an e-mail address but have not been receiving the last few issues of the newsletter via e-mail, please send an e-mail to lchase@ellingtonschools.net or call 896-2352 ext. 201 to update your information.



HEALTH OFFICE NEWS

This is a reminder that 10th grade state-mandated physical forms are due in the health office. If you have not done so already, please complete and return your son/daughter's emergency/health update form. Students will not be allowed to go on field trips if their updated form is not on file.

DRUG ABUSE PREVENTION COUNCIL ELLINGTON SAFE GRADUATION

The Safe Graduation Committee is planning to hold a "Previously Loved Special Occasion Dress & Shoe Sale" in the fall. This event will be open to all Ellington residents as well as residents in surrounding towns. In order to make this a successful fundraiser, we are in need of dressy dresses and/or shoes. We plan to sell each dress for \$25 and shoes for \$10. Now is the perfect time to donate that dressy dress or shoes that you will never get the opportunity to wear again. For every donation of a dress, you will receive a coupon for \$5 off to be used on any purchase at our sale in the fall. We are accepting donations now and will continue all summer. Please call Mrs. Diane Augustus at 871-6978 for more information about a drop-off location or for a pick-up.

Plans are in full swing for this year's party on June 20th. If you've chaperoned in the past, you will be receiving a call from our chaperone chairpersons, Mrs. Donna Pallotti and Mrs. Trish Willis. If you have never chaperoned and are interested, please call Mrs. Pallotti at 871-9456 or Mrs. Willis at 870-9684.

All parents of seniors should have received a letter by now from the Safe Graduation Committee asking for a contribution. We would like to remind parents to please mail in your contribution for the party. The cost per student is approximately \$100. The committee is asking for parents to contribute \$40 toward the cost.

The Decoration Committee will meet on Monday, May 12th at 7pm in the kindergarten room at Windermere School. Please join us if you can.

The next meeting of the Safe Grad Committee is Tuesday, May 13th at 7 pm in Room 239 at Ellington High School. Please join us. If you are thinking of joining us for next year, feel free to stop in and see what we are about. To make a contribution, please mail it to Ellington Safe Graduation Committee, P.O. Box 377, Ellington, CT 06029. For more information on the committee, please call Mrs. Natalie Lapointe at 875-8983.

MAY CALENDAR

- 8-10 "Bye Bye Birdie" – OKP Production – Auditorium – 7:30 pm - \$10 general admission/\$8 students & senior citizens
- 9 Pre-Prom Mock Crash Assembly – 9:25 am
- 10 Matinee Performance of "Bye Bye Birdie" – Auditorium – 2:00 pm - \$10 general admission/\$8 students & senior citizens
- 12 Parent Meeting – Library Presentation Room – 7:00 pm
- 12 Safe Graduation Decorating Committee Meeting – Windermere School – 7:00 pm
- 13 State Latin Day
- 13 Safe Graduation Committee Meeting – Room 239 – 7:00 pm
- 13 Annual Town Budget Meeting – Auditorium – 8:00 pm
- 16 Junior/Senior Prom – LaRenaissance, East Windsor - 6:30 pm – 11:00 pm
- 19 Mid-Marking Period
- 19 Due Date for Senior Class Dues
- 19 NCCC Academic Bowl – Suffield High School – 7:00 pm
- 20 NCCC Track Championship – Coventry High School – Time TBA
- 23 Senior Class Day – High Meadow, Granby
- 26 Memorial Day – No School
- 27 Mid-term reports distributed to students

JUNE CALENDAR

- 2 Senior Recital Evening - Choral Room - --7:00 pm
- 2 Ellington Athletic Booster Club Meeting – Library – 7:00 pm
- 4 Senior Scholarship Award Program (Ellington Comm. Scholarship Assn.) – EHS Courtyard/Front Foyer - - Time
- 6 Jazz Quintet & Jazz Band Concert – Auditorium - - 7:00 pm
- 9 Academic Awards Ceremony– Auditorium - - Time
- 10 Senior Class Night –Adams Mill Restaurant, Manchester - 6:00 pm –
- 11 Thespian Induction Ceremony –Auditorium - 7:00 pm
- 12 Spring Sports Awards Night – Auditorium – 6:00 pm
- 13 Band and Chorus Concert – Auditorium – 7:00 pm
- 20 Last Day of School/Graduation –Athletic Field - 6:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday
	MENU SUBJECT TO CHANGE WITHOUT NOTICE		1 Zesty Orange Chicken Oriental Blend Vegetable White Rice Pineapple Tidbits Milk	2 French Bread Pizza Salad Cup Veggie Sticks Apple Milk
5 Southwest Pizza Green Beans Sour Cream, Salsa Marinated Veggie Salad Pineapple Cup Milk	6 Chicken Fryz Wrap Seasoned Corn Lettuce & Tomato Cup Cole Slaw Fruit Cup Milk	7 Pasta with Meat Sauce Salad Cup Seasoned Mixed Veggie Bread Stick Fruit Cup Milk	8 Baked Potato Bar Seasoned Beef Broccoli , Dinner Roll Cheese, Salsa, Sour Cream Sherbet Cup Milk	9 BBQ Chicken Bites Potato Puffs Seasoned Carrots Dinner Roll Fresh Fruit Milk
12 Chicken Tenders Seasoned Rice Seasoned Broccoli Dinner Roll Fruit Cup Milk	13 Baked Mac & Cheese Seasoned Peas & Carrots Dinner Roll Fruit Cup Milk	14 Pasta with Meatballs Salad Cup Seasoned Cauliflower Bread Stick Fruit Cup Milk	15 Chicken Soft Taco Corn Bread Lettuce & Tomato Cup Seasoned Zucchini Salsa, Sour Cream Milk	16 Cheese Pizza Salad Cup Veggie Sticks Fresh Fruit Milk
19 Corn Dog Nuggets Potato Triette Green Beans Fruit Cup Milk	20 Nacho Chip Lunch Seasoned Beef Lettuce & Tomato Cup Sour Cream, Salsa Cheese, Fresh Fruit Milk	21 Pasta with Meat Sauce Salad Cup Seasoned Broccoli Bread Stick Fruit Cup Milk	22 BRUNCH FOR LUNCH Pancakes Sausage Patty, Syrup Hash Browns Applesauce Milk	23 MANAGERS CHOICE
26 NO SCHOOL	27 Footlong Hot Dog Baked Beans Oven Fries Fruit Cup Milk	28 Pasta with Meatballs Salad Cup Seasoned Cauliflower Bread Stick Fruit Cup, Milk	29 Oven Baked Chicken Mashed Potatoes Cole Slaw Fresh Fruit Milk	30 Pepperoni Pizza Salad Cup Veggie Sticks Sherbet Cup Milk

**Ellington High School
LUNCH
MENU**

www.ellingtonschools.net
Lunch Price: \$2.00
Pre-Paid for the Month
\$ 42.00

The EHS a la carte area opens for a grab and go breakfast at 6:45 am.
Bagels, English muffins, fruit, yogurt and 100% juice are just some of the items you can purchase.

Smoothie Time

Toss fruit, a few ice cubes, yogurt, and juice into a blender and mix until thick.

Red & White—4 Strawberries, 1 banana, 1 container low-fat vanilla yogurt, 1 cup of OJ

Cool Blue—1 1/2 cups fresh or frozen blueberries, 1 container low-fat blueberry yogurt,
1 cup of 100% grape juice

Just Peachy—1 cut-up peach, 1 container low-fat peach yogurt, 3/4 cup OJ

May 2008