

Week Three 10/19-10/23	Monday	Tuesday	Wednesday Early Dismissal	Thursday	Friday
Hot Choice (alternates daily)	Mac & Cheese Broccoli Apple Slices	Popcorn Chicken with Dinner Roll Chickpea Salad Pear	Bagel Lunch with Sunbutter Carrots Applesauce	French Toast Sticks Green Beans Oranges	Cheese Pizza Peas Banana
Cold Choice 1		Turkey & Cheese Protein Pack		Turkey & Cheese Protein Pack	
Cold Choice 2 (same all month)	Muffin Lunch	Muffin Lunch	Muffin Lunch	Muffin Lunch	Muffin Lunch

Parents and Students –

ALL MEALS ARE FREE FOR EVERYONE UNTIL FURTHER NOTICE!!!

All students will receive one fruit and/or vegetable with their meal and will be offered more choices during meal service.

1% White Milk and Fat Free Chocolate Milk will be offered with each meal.

More information about meals is available at www.ellingtonpublicschools.org/parents/food

Thank you!!