

Week One 1.23-1.27.2023 EMS	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Choice (alternates daily)	Mac & Cheese Cucumbers	<i>Incredibowls</i> Mexi Chicken Quinoa Bowl Corn	Early Dismissal Grab & Go meals available for pick up in Cafe at dismissal time Please complete EMS Early Dismissal Lunch Order Form to order a grab & go meal (see email)	Chicken Parmesan over Pasta Broccoli	Maple Crispy Chicken Cornbread Bowl Butternut Squash
Cold Choice (alternates weekly)	Cobb Salad with Crispy Chicken & Dinner Roll	Cobb Salad with Crispy Chicken & Dinner Roll		Cobb Salad with Crispy Chicken & Dinner Roll	Cobb Salad with Crispy Chicken & Dinner Roll
Cold Choice 2 (alternates weekly)	Fruit & Yogurt Parfait with Granola	Fruit & Yogurt Parfait with Granola		Fruit & Yogurt Parfait with Granola	Fruit & Yogurt Parfait with Granola

Available Daily (except Wednesday):
Hamburger, Cheeseburger, Veggie Burger
Chicken Sandwich or Spicy Chicken Sandwich
Cheese or Pepperoni Pizza

Parents and Students –
To add money to student accounts please bring money to the Café or go to payschoolscentral.com

A variety of fruits and vegetables plus choice of milk are offered with all lunch meals. Students must take at least one fruit or vegetable with lunch, milk is optional.

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

This menu is subject to change. Thank you!!