

Week Four 10/18-10/22	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Choice (alternates daily)	Mac & Cheese Broccoli	Chicken Bowl with Mashed Potatoes, Corn & Gravy Dinner Rolls	Hot Dog or Cheese Dog Baked Beans	Chicken Fajita with Rice Peppers	Chicken Tenders with a Whole Grain Biscuit Carrots
Cold Choice (alternates weekly)	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad	Chicken Caesar Salad

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

Parents and Students –
ALL MEALS ARE FREE FOR EVERYONE!!
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.

To add money to student accounts to purchase milk, water or snacks please go to payschoolscentral.com

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

This menu is subject to change. Thank you!!