

Week Four 9.19-9.23	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Choice (alternates daily)	Veggie Nuggets with Pasta Tomatoes	Teriyaki Chicken with Rice Broccoli	Early Dismissal Grab & Go meals available for pick up in Cafe at dismissal time	Beef Burrito Peppers	Yardbird Chicken Sandwich Fries
Cold Choice (alternates weekly)	Garden Salad with Chicken and a Dinner Roll	Garden Salad with Chicken and a Dinner Roll	Please complete EMS Early Dismissal Lunch Order Form to order a grab & go meal (see email)	Garden Salad with Chicken and a Dinner Roll	Garden Salad with Chicken and a Dinner Roll

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

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!!

