

Ellington HS

1/1/2024 - 1/5/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Honeyfire Kitchen
Chicken Wrap
Chicken wrapped in a
tortilla with lettuce and
tomato, drizzled with
honeyfire sauce 🌱 🍌

Honeyfire Kitchen
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tortilla with lettuce and
tomato, drizzled with
honeyfire sauce 🌱 🍌

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tortilla with lettuce and
tomato, drizzled with
honeyfire sauce 🌱 🍌

Premium Price \$4.10: Pre-made sandwiches & wraps available daily.



Classic Cheese
Pizza 🌱 🍌
Pepperoni Pizza P

Classic Cheese
Pizza 🌱 🍌
Pepperoni Pizza P

Homemade three
Cheese Calzone 🌱
Homemade Chicken
Parmesan Calzone 🍌
Tomato Sauce Dip

Classic Cheese
Pizza 🌱 🍌
Pepperoni Pizza P

Cheese or Pepperoni Pizza available daily.



Cinnamon French
Toast
slices of French toast
baked to perfection 🌱
With Crispy Turkey
Sausage Links
Syrup

Incredibowls Chicken
& Vegetable Rice
fluffy rice topped with
vegetable stir fry and
baked chicken 🍌
Mixed Vegetable
Blend

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
And Seasoned Rice
Confetti Black Bean
Salad

Yard Bird Classic
Chicken Sandwich
a delicious chicken filet
on a hearty bun, served
with special sauce and a
pickle
Sweet Potato Fries



Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Cheese Steak
Sandwich 🍌

Cheeseburger
burger topped with
cheese on a freshly
toasted bun

Cheese Steak
Sandwich 🍌

Available Daily: Hamburger, Cheeseburger, Veggie Burger, Chicken Patty and Spicy Chicken Patty Sandwich



Simply Boxed
Hummus Energy Pack
freshly packed meal with
hummus, crispy bread,
cheese and sliced
vegetables 🌱 🍌

Simply Boxed
Hummus Energy Pack
freshly packed meal with
hummus, crispy bread,
cheese and sliced
vegetables 🌱 🍌

Simply Boxed
Hummus Energy Pack
freshly packed meal with
hummus, crispy bread,
cheese and sliced
vegetables 🌱 🍌

Simply Boxed
Hummus Energy Pack
freshly packed meal with
hummus, crispy bread,
cheese and sliced
vegetables 🌱 🍌

Premium Price \$4.10 - Daily Grab & Go Choices include: Pre-made salads & Sandwiches.



Strawberry Orange
Smoothie
a blend of vanilla yogurt
with fresh strawberries
and orange juice 🌱 🍌

Strawberry Orange
Smoothie
a blend of vanilla yogurt
with fresh strawberries
and orange juice 🌱 🍌

Strawberry Orange
Smoothie
a blend of vanilla yogurt
with fresh strawberries
and orange juice 🌱 🍌

Strawberry Orange
Smoothie
a blend of vanilla yogurt
with fresh strawberries
and orange juice 🌱 🍌

Premium Price \$4.10 - Fruit and Yogurt Smoothies or Parfaits offered daily.



Applesauce
Sliced Peaches
Fresh Banana

Fresh Apple
Pineapple Cup
Garden Salad
Fresh Banana

Sliced Peaches
Fresh Banana
Chilled Red Pepper
Strips

Applesauce
Diced Pear Cup
Chickpea Salad
Fresh Banana

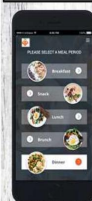
All meals are offered with a protein, grain, choice of milk, and a variety of fruit and/or vegetable selections.
No Salads on Tues 1/21

Lunch Prices

Lunch Meal Price \$3.60 / Premium Meal Price \$4.10

Reduced Meal Price \$0.00

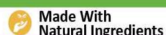
Adult Meal \$4.25 / Adult Premium \$4.75



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WHITSON'S
School Nutrition

Ellington HS

1/8/2024 - 1/12/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Ciabatta Sams
Tuscany Griller
hand crafted provolone,
mozzarella cheese,
zucchini and roasted red
peppers sandwich topped

Ciabatta Sams
Tuscany Griller
hand crafted provolone,
mozzarella cheese,
zucchini and roasted red
peppers sandwich topped

Ciabatta Sams
Tuscany Griller
hand crafted provolone,
mozzarella cheese,
zucchini and roasted red
peppers sandwich topped

Ciabatta Sams
Tuscany Griller
hand crafted provolone,
mozzarella cheese,
zucchini and roasted red
peppers sandwich topped

Premium Price \$4.10 - Made to order and pre-made sandwiches available daily.



Meatball Sliders
baked, sliced meatballs
topped with tomato
sauce, mozzarella and
parmesan cheese

Homemade three
Cheese Calzone
Homemade Chicken
Parmesan Calzone

Meatball Sliders
baked, sliced meatballs
topped with tomato
sauce, mozzarella and
parmesan cheese

Homemade three
Cheese Calzone
Homemade Chicken
Parmesan Calzone

Cheese and Pepperoni Pizza Available Daily



Lo Mein Noodle Bowl
flavorful noodle bowl
paired with seasoned
vegetables
Mixed Vegetable
Blend

Chicken Bowl with
Gravy
chicken layered with
mashed potatoes and
corn, smothered in gravy
With Whole Wheat
Dinner Roll
Sweet Corn

Pasta with Meat
Sauce
freshly cooked pasta with
meat sauce
With Cheesy Garlic
Bread
Roasted Broccoli

Crispy Chicken
Drumstick
And Breaded Chicken
Thigh
With Whole Grain
Biscuit
Baked Beans

SCHOOL
CLOSED
TODAY



Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Cheeseburger
burger topped with
cheese on a freshly
toasted bun

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

Available Daily: Hamburger, Cheeseburger, Veggie Burger, Chicken Patty and Spicy Chicken Patty Sandwich



Pizza Salad
tomatoes, carrots,
cucumbers, mozzarella
cheese and pepperoni on
a bed of mixed greens

Pizza Salad
tomatoes, carrots,
cucumbers, mozzarella
cheese and pepperoni on
a bed of mixed greens

Pizza Salad
tomatoes, carrots,
cucumbers, mozzarella
cheese and pepperoni on
a bed of mixed greens

Pizza Salad
tomatoes, carrots,
cucumbers, mozzarella
cheese and pepperoni on
a bed of mixed greens

Premium Price \$4.10 - Daily Grab and Go Options include: pre-made salads and sandwiches



Very Berry Smoothie
freshly blended mix of
berries with yogurt
Pretzel

Very Berry Smoothie
freshly blended mix of
berries with yogurt
Pretzel

Very Berry Smoothie
freshly blended mix of
berries with yogurt
Pretzel

Very Berry Smoothie
freshly blended mix of
berries with yogurt
Pretzel

Premium Price \$4.10 - Fruit and Yogurt Smoothies or Parfaits offered daily.



Fresh Apple
Fresh Green Grapes
Grape Tomatoes
Sliced Peaches
Fresh Banana

Applesauce
Sliced Oranges
Cucumber Coins
Fresh Banana

Fresh Apple
Pineapple Cup
Garden Salad
Fresh Banana

Sliced Peaches
Fresh Banana
Cauliflower

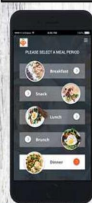
All meals are offered with a protein, grain, choice of milk, and a variety of fruit and/or vegetable selections.

Lunch Prices

Lunch Meal Price \$3.60 / Premium Meal Price \$4.10

Reduced Meal Price \$0.00

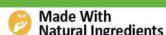
Adult Meal \$4.25 / Adult Premium \$4.75



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Ellington HS

1/15/2024 - 1/19/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Turkey BLT Wrap
sliced turkey, bacon,
lettuce, and tomato on a
wrap 🍷

Turkey BLT Wrap
sliced turkey, bacon,
lettuce, and tomato on a
wrap 🍷

Turkey BLT Wrap
sliced turkey, bacon,
lettuce, and tomato on a
wrap 🍷

8th graders only

Premium Price \$4.10 - Pre-made sandwiches & wraps available daily



Homemade three
Cheese Calzone 🍷
Homemade Chicken
Parmesan Calzone 🍷

Buffalo Chicken
Pizza
buffalo chicken strips with
mozzarella, parmesan,
marinara sauce on fresh
pizza dough

Buffalo Chicken
Pizza
buffalo chicken strips with
mozzarella, parmesan,
marinara sauce on fresh
pizza dough

Cheese and Pepperoni Pizza available daily



Baked Chicken
Tenders
Or Honeyfire Kitchen
Chicken Tenders 🍷
With Whole Grain
Biscuit
Celery

Mac & Cheese with
Ham
pasta and ham tossed in
an American and cheddar
cheese sauce 🍷
Spiced Roasted
Green Beans w/
Parmesan

Chicken Fajita Wrap
freshly made tortilla
stuffed with mexi style
meat, rice, onions,
peppers and cheese 🍷
Black Bean and
Pepper Salad

Grab & Go Meals
available during
Exams



Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Cheeseburger
burger topped with
cheese on a freshly
toasted bun

Crispy Chicken
Sandwich
warm crispy breaded
chicken on a bun
prepared in-house

See email for
order form

Available Daily: Hamburger, Cheeseburger, Veggie Burger, Chicken Patty and Spicy Chicken Patty Sandwich



Spinach Salad
spinach topped with
crumbled bacon,
mushrooms, and red
onion 🍷
With Chicken

Spinach Salad
spinach topped with
crumbled bacon,
mushrooms, and red
onion 🍷
With Chicken

Spinach Salad
spinach topped with
crumbled bacon,
mushrooms, and red
onion 🍷
With Chicken

Premium Price \$4.10 - Daily Grab and Go Options include: Pre-made salads and sandwiches



Fresh Fruit Cup
With Organic Granola
Non Fat Strawberry
Greek Yogurt
And String Cheese

8th graders only

Premium Price \$4.10 - Fruit and Yogurt Smoothies or Parfaits offered daily.



Applesauce
Sliced Oranges
Cucumber Coins
Fresh Banana

Fresh Apple
Pineapple Cup
Garden Salad
Fresh Banana

Sliced Peaches
Fresh Banana
Chilled Red Pepper
Strips

All meals are offered with a protein, grain, choice of milk, and a variety of fruit and/or vegetable selections.

Lunch Prices

Lunch Meal Price \$3.60 / Premium Meal Price \$4.10

Reduced Meal Price \$0.00

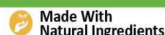
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Ellington HS

1/22/2024 - 1/26/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Premium Price \$4.10 - Pre-made sandwiches & wraps available daily.



Cheese and Pepperoni Pizza available daily



Grab & Go Lunches available
during Exams
Please see email for order
form

EARLY
DISMISSAL
Grab & Go
Lunches



Available Daily: Hamburger, Cheeseburger, Veggie Burger, Chicken Patty and Spicy Chicken Patty Sandwich



Premium Price \$4.10 - Daily Grab and Go Options Include: Pre-made salads and Sandwiches



Premium Price \$4.10 - Fruit and Yogurt Smoothies or Parfaits offered daily.



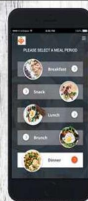
All meals are offer a protein, grain, choice of milk, and a variety of fruit and/or vegetable selections.

Lunch Prices

Lunch Meal Price \$3.60 / Premium Meal Price \$4.10

Reduced Meal Price \$0.00

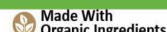
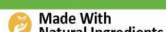
Adult Meal \$4.25 / Adult Premium \$4.75



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Ellington HS

1/29/2024 - 1/31/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Honeyfire Kitchen
Chicken Wrap
Chicken wrapped in a
tortilla with lettuce and
tomato, drizzled with
honeyfire sauce

Honeyfire Kitchen
Chicken Wrap
Chicken wrapped in a
tortilla with lettuce and
tomato, drizzled with
honeyfire sauce

Honeyfire Kitchen
Chicken Wrap
Chicken wrapped in a
tortilla with lettuce and
tomato, drizzled with
honeyfire sauce

Premium Price \$4.10 - Made to order and pre-made sandwiches available daily.



Bacon Pizza
pizza topped with crispy
bacon
With Chicken

Homemade three
Cheese Calzone
calzone stuffed with three
delicious melted
cheeses
Homemade Chicken

Bacon Pizza
pizza topped with crispy
bacon
With Chicken

Cheese & Pepperoni Pizza available daily



Mozzarella Sticks
crispy mozzarella sticks
filled with gooey cheese,
perfect for dipping into
your favorite sauce

Incredibowls General
Tso's Chicken
General Tso's seasoned
chicken with brown rice,
broccoli, and scallions
Roasted Broccoli

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
Black Beans



Classic Beef Burger
beef burger on a freshly
toasted bun

Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Classic Beef Burger
beef burger on a freshly
toasted bun

Available Daily: Hamburger, Cheeseburger, Veggie Burger, Chicken Patty and Spicy Chicken Patty Sandwich



Classic Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses
Fruity Parfait

Classic Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses
Fruity Parfait

Classic Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses
Fruity Parfait

Premium Price \$4.10 - Daily Grab & Go Options Include: Pre-made salads and sandwiches.



Strawberry Pineapple
Smoothie
a blend of vanilla yogurt
with pineapple and
strawberry
Pretzel

Strawberry Pineapple
Smoothie
a blend of vanilla yogurt
with pineapple and
strawberry
Pretzel

Strawberry Pineapple
Smoothie
a blend of vanilla yogurt
with pineapple and
strawberry
Pretzel

Premium Price \$4.10 - Fruit and Yogurt Smoothies or Parfaits offered daily.



Fresh Apple
Fresh Green Grapes
Grape Tomatoes
Fresh Banana

Applesauce
Sliced Oranges
Cucumber Coins
Fresh Banana

Fresh Apple
Pineapple Cup
Garden Salad
Fresh Banana

All meals are served with a protein, grain, choice of milk, and a variety of fruit and/or vegetable selections.

Lunch Prices

Lunch Meal Price \$3.60 / Premium Meal Price \$4.10

Reduced Meal Price \$0.00

Adult Meal \$4.25 / Adult Premium \$4.75



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