

<b>Week One 1.4-1.8</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday Early Dismissal</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Choice</b> (alternates daily)	Mozzarella Sticks  Carrots	Chicken Quesadilla  Black Beans	<i>Complete 'EMS Early Dismissal Lunch Order Form' to order a grab &amp; go meal to take home</i>	Steak & Cheese Grinder  Corn	Chicken & Waffles  Broccoli
<b>Cold Choice</b> (alternates weekly)	Chocolate Buttercup Smoothie	Chocolate Buttercup Smoothie		Chocolate Buttercup Smoothie	Chocolate Butternut Smoothie

**Available Daily (except Wednesday):**

Hamburger, Cheeseburger, Veggie Burger  
Chicken Sandwich  
Cheese or Pepperoni Pizza

**Students-  
ALL MEALS ARE FREE!**

**Please submit your meal order during homeroom**

All students will receive a fruit and/or vegetable with their meal. Milk will be offered with each meal.

More information about meals is available at [www.ellingtonpublicschools.org/parents/food](http://www.ellingtonpublicschools.org/parents/food)

Thank you!!

<b>Week Two 1.11-1.15</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Choice</b> (alternates daily)	Protein Pasta with Broccoli & Cheese	Chicken Fajita Rice Bowl	<i>Complete 'EMS Early Dismissal Lunch Order Form' to order a grab &amp; go meal to take home</i>	Pulled Pork Sandwich with Fries	No School
<b>Cold Choice</b> (alternates weekly)	Chicken Caesar Salad	Chicken Caesar Salad		Chicken Caesar Salad	

**Available Daily:**

Hamburger, Cheeseburger, Veggie Burger  
Chicken Sandwich  
Cheese or Pepperoni Pizza

**Students-  
ALL MEALS ARE FREE!**

**Please submit your meal order during homeroom**

All students will receive a fruit and/or vegetable with their meal. Milk will be offered with each meal.

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Thank you!!

Week Three 1.18-1.22	Monday	Tuesday	Wednesday Early Dismissal	Thursday	Friday
<b>Hot Choice</b> (alternates daily)	No School	Chicken Drumstick with Dinner Roll  Carrots	<i>Complete 'EMS            Early Dismissal            Lunch Order Form'            to order a grab &amp; go            meal to take home</i>	Nachos  Corn	General Tso's Chicken with Noodles  Celery Sticks
<b>Cold Choice</b> (alternates weekly)		Fruit & Yogurt Parfait with Granola		Fruit & Yogurt Parfait with Granola	Fruit & Yogurt Parfait with Granola
<b><u>Available Daily (except Wednesday):</u></b> Hamburger, Cheeseburger, Veggie Burger Chicken Sandwich Cheese or Pepperoni Pizza					
<b>Students-</b> <b>ALL MEALS ARE FREE!</b>  <b>Please submit your meal order during homeroom</b>  All students will receive a fruit and/or vegetable with their meal. Milk will be offered with each meal.  More information about meals is available at <a href="http://www.ellingtonpublicschools.org/parents/food">www.ellingtonpublicschools.org/parents/food</a>  Thank you!!					

Week One 1.25-1.29	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Choice</b> (alternates daily)	Toasted Cheese with Tomato Soup  Celery Sticks	Chicken Parmesan over Pasta  Broccoli	<i>Complete 'EMS Early Dismissal Lunch Order Form' to order a grab &amp; go meal to take home</i>	Pancakes & Sausage	Teriyaki Chicken with Rice
<b>Cold Choice</b> (alternates weekly)	Turkey & Cheese Grinder	Turkey & Cheese Grinder		Turkey & Cheese Grinder	Turkey & Cheese Grinder
<b><u>Available Daily (except Wednesday):</u></b> Hamburger, Cheeseburger, Veggie Burger Chicken Sandwich Cheese or Pepperoni Pizza					
<p><b>Students-</b>  <b>ALL MEALS ARE FREE!</b></p> <p><b>Please submit your meal order during homeroom</b></p> <p>All students will receive a fruit and/or vegetable with their meal. Milk will be offered with each meal.</p> <p>More information about meals is available at <a href="http://www.ellingtonpublicschools.org/parents/food">www.ellingtonpublicschools.org/parents/food</a></p> <p>Thank you!!</p>					