

Week One 1.4-1.8	Monday	Tuesday	Wednesday <b>Early Dismissal</b>	Thursday	Friday
<b>Hot Choice</b> (alternates daily)	Mozzarella Sticks  Chickpeas	Chicken Nuggets With Dinner Roll  Green Beans	Hot Dog  Carrots	Meatball Grinder  Fries	Pizza Sticks  Broccoli
<b>Cold Choice 1</b> (alternates weekly)	Soft Pretzel with Hummus	Soft Pretzel with Hummus	N/A	Soft Pretzel with Hummus	Soft Pretzel with Hummus
<b>Cold Choice 2</b> (same all month)	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel

**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](http://payschoolscentral.com)**

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

This menu is subject to change. Thank you!!

Week Two 1.11-1.15	Monday	Tuesday	Wednesday Early Dismissal	Thursday	Friday
<b>Hot Choice</b> (alternates daily)	Toasted Cheese Sandwich  Corn	Cheeseburger  Broccoli	Chicken Tenders With Dinner Roll  Carrots	Cheese Pizza  Black Beans	No School
<b>Cold Choice 1</b> (alternates weekly)	Chicken Caesar Salad	Chicken Caesar Salad	N/A	Chicken Caesar Salad	
<b>Cold Choice 2</b> (same all month)	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	

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Week Three 1.18-1.22	Monday	Tuesday	Wednesday <b>Early Dismissal</b>	Thursday	Friday
<b>Hot Choice</b> (alternates daily)	No School	Nachos with Cheese  Corn	Popcorn Chicken and Dinner Roll  Carrots	Pancakes & Sausage  Celery Sticks	Cheese Pizza  Chickpeas
<b>Cold Choice 1</b> (alternates weekly)		Sunbutter & Jelly Sandwich	N/A	Sunbutter & Jelly Sandwich	Sunbutter & Jelly Sandwich
<b>Cold Choice 2</b> (same all month)		Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel

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Week One 1.25 - 1.29	Monday	Tuesday	Wednesday <b>Early Dismissal</b>	Thursday	Friday
<b>Hot Choice</b> (alternates daily)	Mac & Cheese  Broccoli	Pulled Pork Sandwich  Baked Beans	Egg & Cheese Sandwich  Carrots	Chicken Tenders with Dinner Roll  Fries	Cheese Pizza  Cucumbers
<b>Cold Choice 1</b> (alternates weekly)	Garden Salad with Chicken	Garden Salad with Chicken	N/A	Garden Salad with Chicken	Garden Salad with Chicken
<b>Cold Choice 2</b> (same all month)	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel	Yogurt Lunch with Bagel

**Parents and Students –**

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