

Meal Pick up is Mon, Wed & Fri. Ellington High School Front Entrance 8-9 am  
37 Maple St. Ellington, CT

6/28-7/2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice A</b> (alternates daily)	Pasta & Cheese  <b>Tuesday Choice –</b>  Chicken Sandwich	No meals	Chicken Tenders with Dinner Roll	General Tso's Chicken  <b>Friday Choice –</b>  Cheese Pizza	No meals  Happy 4 <sup>th</sup> of July!
<b>Choice B</b> (alternates weekly)	Yogurt Lunch with Muffin		Yogurt Lunch with Muffin	Yogurt Lunch with Muffin	
<b>Saturday Choice A = Mac &amp; Cheese</b>					
<b>Sunday Choice A = Beef Rib Sandwich</b>					
<p><b>Parents/Students-</b> <b>ALL MEALS ARE FREE!!</b> <b>Cereal or Muffin Breakfast Kits will be offered daily for Breakfast</b></p> <p>Go to <a href="http://www.ellingtonpublicschools.org/parents/food">www.ellingtonpublicschools.org/parents/food</a> for more information Thank you!</p>					

All meals are individually packaged and served cold/frozen. Please heat to 165 degrees before eating. All students will receive a fruit and/or vegetable with their meal. Milk will be offered with each meal.

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7/5-7/9	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>Extra meals available for Sat-Sun</b>
<b>Choice A</b> (alternates daily)  Vegetarian option available daily upon request	No meals  Happy 4 <sup>th</sup> of July!	No meals	Chicken Tenders with Dinner Roll  <b>Thursday Choice -</b>  Cheeseburger	No meals	Cheese Pizza
<b>Choice B</b> (alternates weekly)			Yogurt Lunch with Muffin		Yogurt Lunch with Muffin
<p><b>Saturday Choice A = Cheese Lasagna</b>  <b>Sunday Choice A = Hamburger</b>  <b>Parents/Students-</b>  <b>ALL MEALS ARE FREE!!</b>  <b>Cereal or Muffin Breakfast Kits will be offered daily for Breakfast</b></p> <p>Go to <a href="http://www.ellingtonpublicschools.org/parents/food">www.ellingtonpublicschools.org/parents/food</a> for more information            Thank you!</p>					

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7.12-7.16	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>Extra meals available for Sat &amp; Sun</b>
<b>Choice A</b> (alternates daily)  Vegetarian option available daily upon request	Mac & Cheese  <b>Tuesday Choice -</b>  General Tso's Chicken	No meals	Chicken Tenders with Dinner Roll  <b>Thursday Choice -</b>  Cheeseburger	No meals	Cheese Pizza
<b>Choice B</b> (alternates weekly)	Yogurt Lunch with Muffin		Yogurt Lunch with Muffin		Yogurt Lunch with Muffin
<b>Saturday Choice A = Beef Rib Patty</b>					
<b>Sunday Choice A = Teriyaki Chicken</b>					
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7.19-7.23	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>Extra meals available for Sat &amp; Sun</b>
<b>Choice A</b> (alternates daily)	Chicken Sandwich <b>Tuesday Choice -</b> Cheeseburger	No Meals	Chicken Tenders with Dinner Roll <b>Thursday Choice -</b> Mac & Cheese	No Meals	Cheese Pizza
<b>Choice B</b> (alternates weekly)	Yogurt Lunch with Bagel		Yogurt Lunch with Bagel		Yogurt Lunch with Bagel
<b>Saturday Choice A = Hot Dog</b>					
<b>Sunday Choice A = Beef Rib Sandwich</b>					
<p><b>Parents/Students-</b> <b>ALL MEALS ARE FREE!!</b> <b>Cereal or Muffin Breakfast Kits will be offered daily for Breakfast</b></p> <p>Go to <a href="http://www.ellingtonpublicschools.org/parents/food">www.ellingtonpublicschools.org/parents/food</a> for more information Thank you!</p>					

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7/26 – 7/30	Monday	Tuesday	Wednesday	Thursday	Friday  Extra meals available for Sat & Sun
<b>Choice A</b> (alternates daily)	Mac & Cheese  <b>Tuesday Choice –</b>  Chicken Sandwich	No meals	Chicken Tenders with Dinner Roll  <b>Thursday Choice –</b>  Cheeseburger	No meals	Cheese Pizza
<b>Choice B</b> (alternates weekly)	Yogurt Lunch with Muffin		Yogurt Lunch with Muffin		Yogurt Lunch with Muffin
<p><b>Saturday Choice A = Hot Dog</b></p> <p><b>Sunday Choice A = Beef Rib Sandwich</b></p>					
<p><b>Parents/Students-</b></p> <p><b>ALL MEALS ARE FREE!!</b></p> <p><b>Cereal or Muffin Breakfast Kits will be offered daily for Breakfast</b></p> <p>Go to <a href="http://www.ellingtonpublicschools.org/parents/food">www.ellingtonpublicschools.org/parents/food</a> for more information</p> <p>Thank you!</p>					

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