

# Lunch Menu

## Ellington Middle School

January  
2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES  
WWW.WHITSONS.COM

### Monday

1 **Lunch Prices:**  
**Lunch Meal Price**  
**\$3.35**  
**Premium Lunch \$3.85**  
**Reduced Price \$0.00**  
**Milk only \$0.60**  
**Adult Meal \$4.25**

### Tuesday

2 1 - Cinnamon French Toast 🌱  
With Crispy Turkey Sausage Links  
2 - Strawberry Orange Smoothie 🌱  
3 - Chicken Caesar Wrap 🌱

### Wednesday

3 1 - Incredibowls Chicken & Vegetable Rice 🌱  
2 - Strawberry Orange Smoothie 🌱  
3 - Chicken Caesar Wrap 🌱  
4 - Buffalo Chicken

### Thursday

4 1 - Nachos Grande 🌱  
With Seasoned Rice  
2 - Strawberry Orange Smoothie 🌱  
3 - Chicken Caesar Wrap 🌱  
4 - Buffalo Chicken Pizza

### Friday

5 1 - Yard Bird Classic Chicken Sandwich  
2 - Strawberry Orange Smoothie 🌱  
3 - Chicken Caesar Wrap 🌱  
4 - Buffalo Chicken Pizza

8 1 - Lo Mein Noodle Bowl 🌱  
2 - Non Fat Greek Berry Yogurt  
With Fresh Fruit Cup  
3 - Chicken Caesar Salad 🌱  
4 - Meatball Hero Mixed Vegetable

9 1 - Chicken Bowl with Gravy  
2 - Non Fat Greek Berry Yogurt  
With Fresh Fruit Cup  
3 - Chicken Caesar Salad 🌱  
4 - Meatball Hero Sweet Corn

10 1 - Pasta with Meat Sauce 🌱  
With Cheesy Stuffed Bread Sticks 🌱  
2 - Non Fat Greek Berry Yogurt  
With Fresh Fruit Cup  
3 - Chicken Caesar Salad 🌱

11 1 - Crispy Chicken Drumstick  
And Breaded Chicken Thigh  
With Whole Grain Biscuit  
2 - Non Fat Greek Berry Yogurt  
With Fresh Fruit Cup

12 **SCHOOL CLOSED TODAY**

15   
MARTIN LUTHER KING JR. DAY

16 1 - Baked Chicken Tenders  
With Whole Grain Biscuit  
2 - Very Berry Smoothie 🌱  
3 - Crispy Chicken Garden Salad 🌱  
4 - Bacon Pizza

17 1 - Mac & Cheese with Ham P 🌱  
2 - Very Berry Smoothie 🌱  
3 - Crispy Chicken Garden Salad 🌱  
4 - Bacon Pizza  
Spiced Roasted Green Beans w/

18 1 - Chicken Fajita Wrap 🌱  
2 - Very Berry Smoothie 🌱  
3 - Crispy Chicken Garden Salad 🌱  
4 - Bacon Pizza  
Black Bean and Pepper Salad

19 1 - Yard Bird Classic Chicken Sandwich  
2 - Very Berry Smoothie 🌱  
3 - Crispy Chicken Garden Salad 🌱  
4 - Bacon Pizza  
With Chicken Sweet Potato Fries

22 1 - Grilled Cheese Sandwich 🌱  
With Tomato Soup  
2 - Fruity Parfait 🌱  
3 - Yard Bird Classic Chicken Sandwich  
4 - BBQ Chicken Pizza  
Grape Tomatoes

23 1 - Tot Spot's Loaded Tater Tots  
*crispy tater tots topped with creamy cheese sauce and bacon with a sour cream and scallion garnish* 🌱  
2 - Fruity Parfait 🌱  
3 - Yard Bird Classic

24 **Early Dismissal Day**  
**Grab & Go Lunches available!**  
Please see email for order form

25 1 - Crispy Tacos Or Soft Tacos 🌱  
With Seasoned Rice  
2 - Fruity Parfait 🌱  
3 - Yard Bird Classic Chicken Sandwich  
4 - BBQ Chicken Pizza  
Fiesta Corn

26 1 - Baked Chicken Tenders  
With Belgian Waffle Bites  
2 - Fruity Parfait 🌱  
3 - Yard Bird Classic Chicken Sandwich  
4 - BBQ Chicken Pizza

29 1 - Mozzarella Sticks 🌱  
2 - Orange Banana Smoothie 🌱  
3 - Pizza Salad P 🌱  
4 - Buffalo Chicken Pizza  
Baby Carrots

30 1 - Incredibowls General Tso's Chicken 🌱  
2 - Orange Banana Smoothie 🌱  
3 - Pizza Salad P 🌱  
4 - Buffalo Chicken Pizza  
Mixed Vegetable

31 1 - Nachos Grande 🌱  
With Seasoned Rice  
2 - Orange Banana Smoothie 🌱  
3 - Pizza Salad P 🌱  
4 - Buffalo Chicken Pizza  
Black Beans

**Alternate Meals Available**  
**Daily**  
**Hamburger, Cheeseburger,**  
**Veggie Burger**  
**Cheese & Pepperoni Pizza**

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.com).

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*Menu is subject to change, notice posted when available.

\*\*\*In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

