

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

Week Two 5.3-5.7	Monday	Tuesday	Wednesday	Thursday	Friday Extra meals available for Sat & Sun
Choice A (alternates daily)	General Tso's Chicken Tuesday Choice - Hamburger	No meals	Chicken Tenders with Dinner Roll Thursday Choice - Teriyaki Chicken with Rice	No meals	Cheese Pizza
Choice B (alternates weekly)	Yogurt Lunch with Muffin		Yogurt Lunch with Muffin		Yogurt Lunch with Muffin
Saturday Choice A = Mac & Cheese					
Sunday Choice A = Beef Rib Sandwich					
<p>Parents/Students- ALL MEALS ARE FREE!! Cereal or Muffin Breakfast Kits will be offered daily for Breakfast</p> <p>Go to www.ellingtonpublicschools.org/parents/food 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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Week Three 5.10-5.14	Monday	Tuesday	Wednesday	Thursday	Friday
Choice A (alternates daily) Vegetarian option available daily upon request	Grilled Cheese Sandwich Tuesday Choice - Chicken Sandwich	No meals	Beef Rib Sandwich Thursday Choice - Egg & Cheese Sandwich		Cheese Pizza
Choice B (alternates weekly)	Yogurt Lunch with Muffin		Yogurt Lunch with Muffin		Yogurt Lunch with Muffin
Saturday Choice A = Cheese Lasagna					
Sunday Choice A = Hamburger					
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Week One 5.17-5.21	Monday	Tuesday	Wednesday	Thursday	Friday Extra meals available for Sat & Sun
Choice A (alternates daily) Vegetarian option available daily upon request	Macaroni & Cheese Tuesday Choice - General Tso's Chicken	No meals	Chicken Tenders with Dinner Roll Thursday Choice - Cheeseburger	No meals	Cheese Pizza
Choice B (alternates weekly)	Yogurt Lunch with Muffin		Yogurt Lunch with Muffin		Yogurt Lunch with Muffin
Saturday Choice A = Beef Rib Patty					
Sunday Choice A = Teriyaki Chicken					
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Week Two 5.24-5.28	Monday	Tuesday	Wednesday	Thursday	Friday Extra meals available for Sat, Sun & Mon 5/31
Choice A (alternates daily)	Mozzarella Sticks Tuesday Choice - Chicken Sandwich	No Meals	Chicken Tenders with Dinner Roll Thursday Choice - Hamburger	No Meals	Cheese Pizza
Choice B (alternates weekly)	Yogurt Lunch with Bagel		Yogurt Lunch with Bagel		Yogurt Lunch with Bagel
Saturday Choice A = Mac & Cheese Sunday Choice A = Chicken Sandwich Monday Choice A = Beef Rib Sandwich					
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