

Week One 10/5-10/9	Monday	Tuesday	Wednesday	Thursday	Friday Extra meals available for pick up due to Holiday on Mon 10/12
Choice A (alternates daily) Vegetarian option available daily upon request	Cheeseburger	Chicken Tenders with Roasted Potatoes	Toasted Cheese Sandwich	Chicken Patty Sandwich	Cheese Pizza
Choice B (alternates weekly)	Chicken Drumstick with Dinner Roll	Chicken Drumstick with Dinner Roll	Chicken Drumstick with Dinner Roll	Chicken Drumstick with Dinner Roll	Chicken Drumstick with Dinner Roll

**Parents/Students-
ALL MEALS ARE FREE!!**

Cereal or Muffin Breakfast Kits will also be offered daily for Breakfast

MEAL PICK UP is Monday-Friday at the EHS FRONT ENTRANCE 9:00-10:00AM

Go to www.ellingtonpublicschools.org/parents/food for more information

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.

Thank you!!

Week Two 10/12-10/16	Monday	Tuesday	Wednesday	Thursday	Friday
Choice A (alternates daily) Vegetarian option available daily upon request	Columbus Day No School No Grab & Go meals available	Chicken Tenders with Roasted Potatoes	Mac & Cheese with Broccoli	Teriyaki Chicken with Brown Rice and Corn	Cheese Pizza
Choice B (alternates weekly)		Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger

Parents/Students-

ALL MEALS ARE FREE!!

Cereal or Muffin Breakfast Kits will also be offered daily for Breakfast

MEAL PICK UP is Monday-Friday at the EHS FRONT ENTRANCE 9:00-10:00AM

Go to www.ellingtonpublicschools.org/parents/food for more information

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.

Thank you!!

Week Three 10/19-10/23	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian option available daily upon request					
Choice A (alternates daily)	Toasted Cheese Sandwich	Chicken Patty Sandwich	Cheese Lasagna	Cheeseburger	Cheese Pizza
Choice B (alternates weekly)	Chicken Tenders with Roasted Potatoes	Chicken Tenders with Roasted Potatoes	Chicken Tenders with Roasted Potatoes	Chicken Tenders with Roasted Potatoes	Chicken Tenders with Roasted Potatoes

**Parents/Students-
ALL MEALS ARE FREE!!**

Cereal or Muffin Breakfast Kits will also be offered daily for Breakfast

MEAL PICK UP is Monday-Friday at the EHS FRONT ENTRANCE 9:00-10:00AM

Go to www.ellingtonpublicschools.org/parents/food for more information

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.

Thank you!!

Week One 10/26-10/30 Vegetarian option available daily upon request	Monday	Tuesday	Wednesday	Thursday	Friday
Choice A (alternates daily)	Mac & Cheese with Broccoli	Chicken Tenders with Roasted Potatoes	General Tso's Chicken Nuggets with Rice and Carrots	Hot Dog	Cheese Pizza
Choice B (alternates weekly)	Chicken Cutlet Sandwich	Chicken Cutlet Sandwich	Chicken Cutlet Sandwich	Chicken Cutlet Sandwich	Chicken Cutlet Sandwich

**Parents/Students-
ALL MEALS ARE FREE!!**

Cereal or Muffin Breakfast Kits will also be offered daily for Breakfast

MEAL PICK UP is Monday-Friday at the EHS FRONT ENTRANCE 9:00-10:00AM

Go to www.ellingtonpublicschools.org/parents/food for more information

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.

Thank you!!