



SIMPLY GOOD



Ellington Lunch Menu with Salad Bar & Deli

October 5 - 9

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

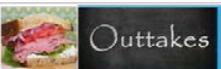
Station	Monday	Tuesday	Wednesday	Thursday	Friday
	Burrito or Hard Shell Taco Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Panes Rellenos (Salvadorian Chicken Torta)	Burrito, Salad Bowl or Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	Chicken Lettuce Wraps Lo Mein Noodles Veggie Patty Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits	PROFESSIONAL DEVELOPMENT DAY NO SCHOOL
	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Hawaiian Pizza w/Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	And Yet Again!	
	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Hamburger on Whole Grain Bun w/Salsa and Shredded Cheddar	
	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	
	Sweet Potato Wedges Fresh Cucumber Tomato Salad Fresh Local Apple Assorted Fruit	Fresh Roma Roasted Local Red Potatoes Fresh Broccoli w/ Light Dressing Pineapple Cup Assorted Fruit	Seasoned Carrots Fresh Cucumber Coins w/Light Dressing Fresh Banana Assorted Fruit	Southwest Pinto Beans Fresh Local Kale Salad Fresh Orange Assorted Fruit	
	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p>				
	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				



Ellington Lunch Menu with Salad Bar & Deli

October 12 - 16

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International	Columbus Day No School 	Korean Bibimbap Chicken w/ Pineapple Ginger Brown Rice	Burrito, Salad Bowl or Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	Lo Mein Noodles Ginger Lime Chicken Veggie Patty Shredded Carrots Diced Cucumber Diced Onion Pineapple Tidbits Fresh Cilantro	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice
 Pizza		Homemade Pizza on Whole Grain Crust Hawaiian Pizza w/Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Spicy Chicken Pizza Veggie Lovers Pizza Tasty Cheesy Pizza
 Grill		Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Pizza Burger Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Outtakes		Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread
 Sides		Green Beans Italiano Fresh Baby Carrots w/ Light Dressing	Seasoned Corn Fresh Romaine & Tomato Side Salad	Seasoned Carrots Fresh Celery Sticks w/Light Dressing	Fiesta Black Beans Fresh Broccoli w/ Light Dressing
 Deli		<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p>			
 Salad	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				



Ellington Lunch Menu with Salad Bar & Deli

October 19 - 23

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

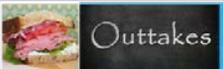
Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International	PARENT TEACHER CONFERENCE NO SCHOOL	Caribbean Jerk Chicken w/Brown Rice	Curacao International Day Chicken Stoba w/Red Beans & Rice 	Chicken Lettuce Wraps Lo Mein Noodles Veggie Patty Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits	Korean Bibimbap Chicken w/ Pineapple Ginger Brown Rice
 Pizza		Homemade Pizza on Whole Grain Crust Hawaiian Pizza w/Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Spicy Chicken Pizza Veggie Lovers Pizza Tasty Cheesy Pizza
 Grill		Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on a Whole Grain Bun w/Toppings Bar	Santa Fe Burger Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Outtakes		Homemade Chicken Salad on Whole Grain Bread	Vegetable Stew w/Red Beans & Rice 	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread
 Sides		Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Stewed Cabbage & Zucchini Fresh Romaine w/Tomatoes & Cucumbers Fresh Local Apple Assorted Fruit	Seasoned Carrots Fresh Celery Sticks w/ Light Dressing Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Broccoli w/ Light Dressing Fresh Orange Assorted Fruit
 Deli	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p>				
 Salad	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				



Ellington Lunch Menu with Salad Bar & Deli

October 26 - 30

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International	Burrito or Hard Shell Taco Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Teriyaki Chicken w/ Ginger Lime Brown Rice	Burrito, Salad Bowl or Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	Lo Mein Noodles Ginger Lime Chicken Veggie Patty Shredded Carrots Diced Cucumber Diced Onion Pineapple Tidbits Fresh Cilantro	Rachel Ray's Yum-O Capitol City Chicken w/ Whole Grain Biscuit
 Pizza	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Hawaiian Pizza w/Turkey Ham & Pineapple Veggie Lovers Pizza Tasty Cheesy Pizza	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Spicy Chicken Pizza Veggie Lovers Pizza Tasty Cheesy Pizza
 Grill	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Cheesburger on Whole Grain Bun w/Lettuce & Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Outtakes	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread
 Sides	Local Fresh Baked Sweet Potato w/Cinnamon Fresh Homemade Confetti Coleslaw Fresh Local Apple Assorted Fruit	Mashed Potatoes w/ Gravy Fresh Celery w/ Light Dressing Pineapple Cup Assorted Fruit	Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fruit	Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit
 Deli	Start With: Assorted Whole Grain Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions				
 Salad	Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks				