

# WE ♥ GARDEN VEGETABLES

SIMPLY GOOD

## Ellington High School Lunch Cycle Menu

Mar 28 - April 1

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 (includes a source of protein and grain/bread accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. All grains are whole grain rich. 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					
 Pizza					
 Grill					
 Outtakes					
 Sides					
 Salad					
 Deli					

SPRING BREAK  
NO SCHOOL

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## Ellington High School Lunch Cycle Menu

April 4 - 8

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/whole grain accompaniments), 2 vegetable sides, 2 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	<b>Burrito or Bowl</b> Turkey Taco Meat Cilantro Lime Chicken Fiesta Black Beans <b>Optional:</b> Cilantro Brown Rice, Fiesta Black Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo	Chicken Nuggets w/ Mumbo or Ranch Sauce and Dinner Roll	<b>Lo Mein Noodles</b> Veggie Patty Chili Lime Chicken  <b>Optional:</b> Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Cheeseburger w/Lettuce and Tomato Garnish	<b>Nachos</b> Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans <b>Optional:</b> Spanish Brown Rice, Veggie Refried Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo
 Pizza	Pizza Chef is  Off Today!	Off Again Today!	<b>Homemade Pizza</b> Cheese  Veggie Lovers  Hawaiian	And Yet Again!	<b>Homemade Pizza</b> Cheese  Veggie Lovers  Spicy Chicken
 Grill	Buffalo Chicken Wrap	Toasted Two Cheese Sandwich	Spicy Ukrainian Chicken Sandwich	Teriyaki Veggie Burger	Cheese and Yogurt Platter
 Outtakes	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Turkey Salami Sandwich w/ Mustard	Garden Salad w/Romaine, Tomatoes, Cheese &	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll
 Sides	Fiesta Black Beans  Fresh Baby Carrots  Pineapple Cup Assorted Fresh Fruit	Mashed Potatoes w/ Gravy  <b>Fresh Cucumber Coins</b>  <b>Fresh Local Apple</b> Assorted Fresh Fruit	Glazed Carrots  <b>Fresh Local Tuscan                      Kale Salad</b>  Fresh Orange Assorted Fresh Fruit	Garlic Lemon Broccoli  <b>Fresh Cucumber &amp;                      Tomato Salad</b>  Fresh Banana Assorted Fresh Fruit	Local Fresh Baked Sweet Potato w/Cinnamon  Fresh Celery Sticks  100% Grape Juice Assorted Fresh Fruit
 Deli	<b>Start with Grains:</b> Assorted Breads, Rolls, & Wraps  <b>Add on Veggies:</b> Lettuce, Tomato, Sliced Red Onions  <b>Add on Protein:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad</b> , or Homemade Chicken Salad  <b>Top With:</b> Mustard, Mayo, or Salad Dressing				
 Salad	<b>Start With:</b> Fresh Romaine Mix, Spinach <b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame <b>Finish with</b> <b>Protein:</b> Diced Turkey Ham, <b>Sliced Eggs</b> , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar  <b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				

USDA is an equal opportunity provide and employer.



# Ellington High School Lunch Cycle Menu

April 11 - 15

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/whole grain accompaniments), 2 vegetable sides, 2 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	<b>Burrito or Bowl</b> Turkey Taco Meat Cilantro Lime Chicken Fiesta Black Beans <b>Optional:</b> Cilantro Brown Rice, Fiesta Black Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo	Turkey Meatball Sub w/Marinara & Mozzarella on a Sub	<b>Lo Mein Noodles</b> Veggie Patty Chili Lime Chicken <b>Optional:</b> Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Mozzarella Pizza Melt	
 Pizza	Pizza Chef is Off Today!	<b>Homemade Pizza</b> Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	<b>Emancipation Day</b>
 Grill	Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread	Toasted Two Cheese Sandwich	Turkey Hot Dog w/ Toppings	Pizza Burger	<b>No School</b>
 Outtakes	Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun	Turkey Bologna Sandwich w/ Mustard	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Turkey Ranch Wrap	
 Sides	Fresh Roma Roasted Local Red Potatoes Fresh Cucumber & Tomato Salad Fresh Local Apple Assorted Fresh Fruit	Baked Beans Fresh Broccoli Pineapple Cup Assorted Fresh Fruit	Seasoned Carrots Fresh Celery Sticks Fresh Orange Assorted Fresh Fruit	Sweet Potato Fries Fresh Local Kale Caesar Salad Fresh Banana Assorted Fresh Fruit	
 Deli	<b>Start with Grains:</b> Assorted Breads, Rolls, & Wraps <b>Add on Veggies:</b> Lettuce, Tomato, Sliced Red Onions <b>Add on Protein:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad</b> , or Homemade Chicken Salad <b>Top With:</b> Mustard, Mayo, or Salad Dressing				
 Salad	<b>Start With:</b> Fresh Romaine Mix, Spinach <b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame <b>Finish with</b> <b>Protein:</b> Caesar Chicken, <b>Sliced Eggs</b> , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar <b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				

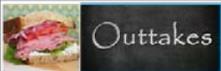
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## Ellington High School Lunch Cycle Menu

April 18 - 22

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/whole grain accompaniments), 2 vegetable sides, 2 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	<b>Burrito or Bowl</b> Turkey Taco Meat Cilantro Lime Chicken Fiesta Black Beans <b>Optional:</b> Cilantro Brown Rice, Fiesta Black Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo	Spaghetti w/ Turkey Meatballs	<b>Lo Mein Noodles</b> Veggie Patty Chili Lime Chicken  <b>Optional:</b> Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Teriyaki Chicken w/Ginger Brown Rice	<b>Nachos</b> Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans <b>Optional:</b> Spanish Brown Rice, Veggie Refried Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo
 Pizza	Pizza Chef is  Off Today!	<b>Homemade Pizza</b> Cheese  Veggie Lovers  Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza</b> Cheese  Veggie Lovers  Spicy Chicken
 Grill	Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread	Toasted Two Cheese Sandwich	Turkey Hot Dog w/Toppings	Cheeseburger w/ Lettuce & Tomato Garnish	Tuna Salad Melt
 Outtakes	Turkey Ranch Wrap	Turkey Salami Sandwich w/ Mustard	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll
 Sides	Southwest Pinto Beans  Homemade Confetti Coleslaw  <b>Fresh Local Apple</b> Assorted Fresh Fruit	<b>Green Beans Italiano</b>  Fresh Baby Carrots  Pineapple Cup Assorted Fresh Fruit	Roasted Corn & Carrots  Fresh Celery Sticks  Fresh Orange Assorted Fresh Fruit	Garlic Lemon Broccoli  Fresh Baby Carrots  Fresh Banana Assorted Fresh Fruit	Seasoned Carrots  Fresh Romaine and Tomato Salad  100 % Grape Juice Assorted Fresh Fruit
 Deli	<b>Start with Grains:</b> Assorted Breads, Rolls, & Wraps  <b>Add on Veggies:</b> Lettuce, Tomato, Sliced Red Onions  <b>Add on Protein:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad</b> , or Homemade Chicken Salad  <b>Top With:</b> Mustard, Mayo, or Salad Dressing				
 Salad	<b>Start With:</b> Fresh Romaine Mix, Spinach  <b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame <b>Finish with</b> <b>Protein:</b> Chili Lime Chicken, <b>Sliced Eggs</b> , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar  <b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				

# WE ♥ GARDEN VEGETABLES

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## Ellington High School Lunch Cycle Menu

April 25 - 29

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/whole grain accompaniments), 2 vegetable sides, 2 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	<b>Burrito or Bowl</b> Turkey Taco Meat Cilantro Lime Chicken Fiesta Black Beans <b>Optional:</b> Cilantro Brown Rice, Fiesta Black Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo	Chicken Taco	<b>Lo Mein Noodles</b> Veggie Patty Chili Lime Chicken  <b>Optional:</b> Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Steak and Cheese Sub	<b>Nachos</b> Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans <b>Optional:</b> Spanish Brown Rice, Veggie Refried Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo
 Pizza	Pizza Chef is  Off Today!	<b>Homemade Pizza</b> Cheese  Veggie Lovers  Hawaiian	Off Again Today!	And Yet Again!	<b>Homemade Pizza</b> Cheese  Veggie Lovers  Spicy Chicken
 Grill	Chicken Nuggets with Mumbo or Ranch Sauce and Cornbread	Toasted Two Cheese Sandwich	Turkey Hot Dog with Toppings	Cheeseburger w/ Lettuce & Tomato Garnish	Cheese and Yogurt Platter
 Outtakes	Garden Salad with Romaine, Tomatoes, Cheese & Garlic Bun	Turkey Bologna Sandwich with Mustard	Mexican Corn Salad with Black Beans & Tortilla Chips	Veggie Wrap with Black Beans, Mozzarella, Tomato and Cucumber	Barbecue Chicken Salad with Romaine, Tomatoes, Cheese & Garlic Roll
 Sides	Seasoned Green Peas & Carrots  Fresh Romaine & Tomato Side Salad  Fresh Local Apple Assorted Fresh Fruit	Local Country Collard Greens  Fresh Baby Carrots  Pineapple Cup Assorted Fresh Fruit	Green Beans Italiano  Fresh Celery Sticks  Fresh Orange Assorted Fresh Fruit	Sweet Potato Fries  Fresh Cucumber Coins  Fresh Banana Assorted Fresh Fruit	Baked Beans  Fresh Baby Carrots  100% Grape Juice Assorted Fresh Fruit
 Deli	<p><b>Start with Grains:</b> Assorted Breads, Rolls, &amp; Wraps</p> <p><b>Add on Veggies:</b> Lettuce, Tomato, Sliced Red Onions</p> <p><b>Add on Protein:</b> Assorted Meats, Cheeses, <b>Homemade Egg Salad</b>, or Homemade Chicken Salad</p> <p><b>Top With:</b> Mustard, Mayo, or Salad Dressing</p>				
 Salad	<p><b>Start With:</b> Fresh Romaine Mix, Spinach</p> <p><b>Add On Veggies:</b> Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame</p> <p><b>Finish with</b></p> <p><b>Protein:</b> Buffalo Chicken, <b>Sliced Eggs</b>, Black Beans, Spicy Garbanzo Beans, Shredded Cheddar</p> <p><b>Grain:</b> Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks</p>				