



Ellington Senior High School Lunch Menu

November 2 - 6

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, 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	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	Burrito or Hard Shell Taco Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo
 Pizza	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken
 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	Charbroiled Cheeseburger 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	Turkey Ham on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Sides	Sweet Potato Mash Fresh Cucumber Tomato Salad Fresh Local Apple Assorted Fruit	Fresh Roma Roasted Local Red Potatoes Vegetarian Bean Dip w/Homemade Tortilla Chips Pineapple Cup Assorted Fruit	Glazed Carrots Fresh Broccoli w/ Light Dressing Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Celery Sticks w/Light Dressing Fresh Banana Assorted Fruit	Roasted Broccoli Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fruit
 Deli	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</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: Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				



Ellington Senior High School Lunch Menu

November 9 - 13

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, 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
	Burrito or Hard Shell Taco Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Korean Bibimbap Chicken w/ Pineapple Ginger Brown Rice	Veterans Day No School	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 Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian		And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken
	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread		Santa Fe Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard		Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
	Glazed Carrots Fresh Celery Sticks w/Light Dressing Fresh Local Apple Assorted Fruit	Roasted Broccoli Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fruit		Baked Beans Fresh Homemade Confetti Cole Slaw Fresh Banana Assorted Fruit	Mexican Corn Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit
	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, 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: Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				

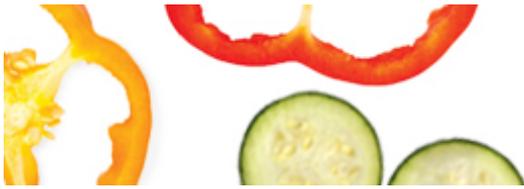


Ellington Senior High School Lunch Menu

November 16 - 20

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, 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!

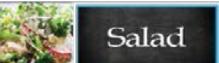
Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International	Burrito or Hard Shell Taco Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Caribbean Jerk Chicken w/Brown Rice	Burrito, Salad Bowl or Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried 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	Korean Bibimbap Chicken w/ Pineapple Ginger Brown Rice
 Pizza	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Pizza Chef is Off Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken
 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	Pizza Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Outtakes	Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Sides	Local Country Collard Greens Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fruit	Sweet Green Peas Fresh Broccoli w/Light Dressing Pineapple Cup Assorted Fruit	Green Beans Italiano Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Assorted Fruit	Seasoned Carrots Fresh Broccoli w/Light Dressing 100% Grape Juice Assorted Fruit
 Deli	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, 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 Senior High School Lunch Menu

November 23 - 27

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, 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	Burrito or Hard Shell Taco Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Sliced Turkey w/Gravy Cornbread Stuffing Cranberry Sauce	Burrito, Salad Bowl or Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	Happy Thanksgiving! Thanksgiving!	Thanksgiving Friday
 Pizza	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!		No School
 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		
 Outtakes	Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips		
 Sides	Vegetarian Bean Dip w/Homemade Tortilla Chips 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		
 Deli	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, 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: Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				