

ELLIS JUNE 2022 MENU



iCater

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch – Blueberry Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Syrup, Apple</p> <p>Snack – Cheez-its and apple 1</p>	<p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch –Chicken Nuggets w/ Sweet & Sour Dipping Sauce , Cali Gold Veg, WW Dinner Roll Milk / Mandarin</p> <p>Snack – Goldfish Crackers, Orange 2</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch – Cheese Ravioli and meatballs with marinara, green Beans, WW Dinner Roll, Butter / Milk / Chilled Pears</p> <p>Snack - Cheddar Cheese sticks, Apple 3</p>
<p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch- Breaded Fish Nuggets, Ketchup, , Italian Green Beans, WW Dinner Roll,Milk / Cantaloupe</p> <p>Snack – Goldfish Graham cinnamon, Apple 6</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch – Meat Lasagna, Mixed veg, Whole Wheat Bread Slice w/Butter Milk /Chilled Peaches</p> <p>Snack – Pita Chips, Orange 7</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch –Mac & Cheese, WW Roll and Garden Vegetables Milk / Honey Dew</p> <p>Snack – Graham Crackers, Apple 8</p>	<p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch –Cheeseburger Lettuce, Cheese, Ketchup, Whole Wheat Burger Bun, Cauliflower. Milk /Orange</p> <p>Snack – Animal Crackers, Cheddar cheese stick 9</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch –Chicken Pot Stickers with Peas & Carrots, Soy Sauce and Whole Wheat Dinner Roll w/ Butter, Milk / Apples</p> <p>Snack – Yogurt, Orange 10</p>
<p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch –Garlic Parmesan Chicken Breast, Mashed Potatoes, Green Beans, WW Bread Slice w/Butter Milk / Chilled Mandarins</p> <p>Snack- Yogurt, Apple 13</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch – Meat Lasagna w/ mixed vegetables Whole Wheat Dinner Roll w/Butter , Milk / Cantaloupe</p> <p>Snack –Cheddar cheese sticks and saltines 14</p>	<p>Breakfast –WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch- Apple Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Syrup, Chilled Peaches</p> <p>Snack – Cheez-its, Apple 15</p>	<p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch –Meatball Subs with Shredded Mozzarella, Whole Wheat Sub Roll, Green beans/ Milk / Honeydew</p> <p>Snack – Animal Crackers, Orange 16</p>	<p style="text-align: center;">NO SCHOOL Professional Development Day</p> <p style="text-align: right;">17</p>
<p style="text-align: center;">NO SCHOOL Juneteenth</p> <p style="text-align: right;">20</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch –Breaded Chicken Tenders with BBQ Dipping Sauce with Carrots and WW Dinner Roll Milk / Fruit</p> <p>Snack – Cheez-its, Cheddar cheese stick 21</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch – Penne Pasta with Meat Sauce, Italian Green beans, Whole Wheat Slice, Milk / Chilled Pears</p> <p>Snack – Yogurt, Apple 22</p>	<p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch – Cheeseburger, Lettuce, Cheese, Whole Wheat Bun, Ketchup, Mixed Vegetables Milk / Cantaloupe</p> <p>Snack –Saltines, Orange 23</p>	<p>Breakfast – Kix Cereal, Milk, Banana</p> <p>Lunch –Mac & Cheese, Green Beans, WW Roll Milk / Chilled Peaches</p> <p>Snack – Animal Crackers, Apple 24</p>
<p>Breakfast – Corn flakes, Milk, Orange</p> <p>Lunch – Lunch Beef Tacos with Rice and Beans and German Blend veg, Milk / Honey Dew Melon</p> <p>Snack – Animal Crackers, Apple 27</p>	<p>Breakfast – Cheerios, Milk, Apple</p> <p>Lunch –Salisbury Steak with Gravy, Roasted Potatoes, Carrots, WW Dinner Roll Milk / Orange</p> <p>Snack- Graham Crackers, Yogurt 28</p>	<p>Breakfast – WW Bagel, Cream Cheese, Milk, Banana</p> <p>Lunch – Blueberry Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Syrup, Apple</p> <p>Snack – Cheez-its and apple 29</p>	<p>Breakfast – Muffin, Milk, Apple</p> <p>Lunch –Chicken Nuggets w/ Sweet & Sour Dipping Sauce , Cali Gold Veg, WW Dinner Roll Milk / Mandarin</p> <p>Snack – Goldfish Crackers, Orange 30</p>	