

# ELLIS MAY 2022 MENU



iCater

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b> – Corn flakes, Milk, Orange</p> <p><b>Lunch</b> – <b>Lunch</b> Beef Tacos with Rice and Beans and German Blend veg Milk / Honey Dew Melon</p> <p><b>Snack</b> – Animal Crackers, Apple</p> <p>2</p>	<p><b>Breakfast</b> – Cheerios, Milk, Apple</p> <p><b>Lunch</b> –Salisbury Steak with Gravy, Roasted Potatoes, Carrots, WW Dinner Roll</p> <p>Milk / Orange</p> <p><b>Snack</b>- Graham Crackers, Yogurt</p> <p>3</p>	<p><b>Breakfast</b> – WW Bagel, Cream Cheese, Milk, Banana</p> <p><b>Lunch</b> – Blueberry Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Syrup, Apple</p> <p><b>Snack</b> – Cheez its and apple</p> <p>4</p>	<p><b>Breakfast</b> – Muffin, Milk, Apple</p> <p><b>Lunch</b> –Chicken Nuggets w/ Sweet &amp; Sour Dipping Sauce , Cali Gold Veg, WW Dinner Roll</p> <p>Milk / Mandarin</p> <p><b>Snack</b> – Goldfish Crackers, Orange</p> <p>5</p>	<p><b>Breakfast</b> – Kix Cereal, Milk, Banana</p> <p><b>Lunch</b> – Cheese Ravioli and meatballs with marinara, green Beans, WW Dinner Roll, Butter / Milk / Chilled Pears</p> <p><b>Snack</b> – Cheddar Cheese sticks, Apple</p> <p>6</p>
<p><b>Breakfast</b> – Corn flakes, Milk, Orange</p> <p><b>Lunch</b>- Breaded Fish Nuggets, Ketchup, , Italian Green Beans, WW Dinner Roll Milk / Cantaloupe</p> <p><b>Snack</b> – Goldfish Graham cinnamon, Apple</p> <p>9</p>	<p><b>Breakfast</b> – Cheerios, Milk, Apple</p> <p><b>Lunch</b> – Meat Lasagna, Mixed veg, Whole Wheat Bread Slice w/Butter Milk /Chilled Peaches</p> <p><b>Snack</b> – Pita Chips, Orange</p> <p>10</p>	<p><b>Breakfast</b> – WW Bagel, Cream Cheese, Milk, Banana</p> <p><b>Lunch</b> –Mac &amp; Cheese, WW Roll and Garden Vegetables</p> <p>Milk / Honey Dew</p> <p><b>Snack</b> – Graham Crackers, Apple</p> <p>11</p>	<p><b>Breakfast</b> – Muffin, Milk, Apple</p> <p><b>Lunch</b> –Cheeseburger Lettuce, Cheese, Ketchup, Whole Wheat Burger Bun, Cauliflower.</p> <p>Milk /Orange</p> <p><b>Snack</b> – Animal Crackers, Cheddar cheese stick</p> <p>12</p>	<p><b>Breakfast</b> – Kix Cereal, Milk, Banana</p> <p><b>Lunch</b> –Chicken Pot Stickers with Peas &amp; Carrots, Soy Sauce and Whole Wheat Dinner Roll w/ Butter</p> <p>Milk / Apples</p> <p><b>Snack</b> – Yogurt, Orange</p> <p>13</p>
<p><b>Breakfast</b> – Corn flakes, Milk, Orange</p> <p><b>Lunch</b> –Garlic Parmesan Chicken Breast, Mashed Potatoes, Green Beans, WW Bread Slice w/Butter Milk / Chilled Mandarins</p> <p>16 <b>Snack</b>- yogurt, Apple</p>	<p><b>Breakfast</b> – Cheerios, Milk, Apple</p> <p><b>Lunch</b> – Meat Lasagna w/ mixed vegetables</p> <p>Whole Wheat Dinner Roll w/Butter Milk / Cantaloupe</p> <p><b>Snack</b> – Cheddar cheese stick and saltines</p> <p>17</p>	<p><b>Breakfast</b> –WW Bagel, Cream Cheese, Milk, Banana</p> <p><b>Lunch</b>- Apple Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Syrup, Chilled Peaches</p> <p><b>Snack</b> – Cheez-its, Apple</p> <p>18</p>	<p><b>Breakfast</b> – Muffin, Milk, Apple</p> <p><b>Lunch</b> –Meatball Subs with Shredded Mozzarella, Whole Wheat Sub Roll,</p> <p>Green beans/ Milk / Honeydew</p> <p><b>Snack</b> – Animal Crackers, Orange</p> <p>19</p>	<p><b>Breakfast</b> – Kix Cereal, Milk, Banana</p> <p><b>Lunch</b>- Roast Turkey with Gravy, Mashed Sweet Potatoes and Mixed Vegetables</p> <p>Milk / Orange</p> <p><b>Snack</b> – Yogurt, Apple</p> <p>20</p>
<p><b>Breakfast</b> – Corn flakes, Milk, Orange</p> <p><b>Lunch</b> –Chicken Parm Whole Wheat Pasta</p> <p>San Fran Veg Milk /Apple</p> <p><b>Snack</b> – Goldfish Graham Cinnamon, Orange</p> <p>23</p>	<p><b>Breakfast</b> – Cheerios, Milk, Apple</p> <p><b>Lunch</b> –Breaded Chicken Tenders with BBQ Dipping Sauce with Carrots and WW Dinner Roll</p> <p>Milk / Fruit <b>Snack</b> – Cheez-its, Cheddar cheese stick</p> <p>24</p>	<p><b>Breakfast</b> – WW Bagel, Cream Cheese, Milk, Banana</p> <p><b>Lunch</b> – Penne Pasta with Meat Sauce, Italian Green beans, Whole Wheat Slice Milk / Chilled Pears</p> <p><b>Snack</b> – Yogurt, Apple</p> <p>25</p>	<p><b>Breakfast</b> – Muffin, Milk, Apple</p> <p><b>Lunch</b> – Cheeseburger, Lettuce, Cheese, Whole Wheat Bun, Ketchup, Mixed Vegetables</p> <p>Milk / Cantaloupe</p> <p><b>Snack</b> –Pita Chips, Orange</p> <p>26</p>	<p><b>Breakfast</b> – Kix Cereal, Milk, Banana</p> <p><b>Lunch</b> –Mac &amp; Cheese, Green Beans, WW Roll</p> <p>Milk / Chilled Peaches</p> <p><b>Snack</b> – Animal Crackers, Apple</p> <p>27</p>
<p>No School</p> <p>30</p>	<p><b>Breakfast</b> – Cheerios, Milk, Apple</p> <p><b>Lunch</b> –Salisbury Steak with Gravy, Roasted Potatoes, Carrots, WW Dinner Roll</p> <p>Milk / Orange</p> <p><b>Snack</b>- Graham Crackers, Yogurt</p> <p>31</p>			