



Try & Try again. New foods are introduced quite often at Ell-Saline. This past month "Farm to School" Steamed Yellow Squash was a new item to try. When Students learn to taste new foods they have more choices for smart eating through their lives. It may take up to 10 times before the student may like something new.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Ell-Saline Is an Equal Opportunity Employer

Monday



Tuesday



Wednesday

Thursday

Friday

Popcorn Chicken **1**
Potatoes & Chicken Gravy
Broccoli Florets
Red Grapes, Muffin, Milk

Sloppy Joe on a Bun **2**
Tri Tater
Baked Beans
Crisp Apple, Milk

Baked Grilled Chicken **3**
Savory Rice
Green Beans,
Tropical Fruit, Milk

Biscuits & Gravy **6**
Sausage Patty
Hash brown Patty, Peaches
Broccoli Florets, Milk

White Chicken Chili **7**
Corn Bread, Cherry Tomatoes
Cucumber Slices
Fresh Banana, Milk

Mini Meat Ball Sub **8**
Oven Fries,
Tossed Salad
Treasure Salad, Milk

Chicken Chili Crispito **9**
Tortilla Chips, Tomato Salsa
Refried Beans,
Orange Halves, Milk

Chicken Strips **10**
Potatoes & Cream Gravy
Fresh Baby Carrots
Crisp Apple, Milk

Cheese Pizza **13**
Steamed Broccoli
Baby Carrots
Pineapple Tidbits, Milk

BBQ on a Bun **14**
Baked Beans
Coleslaw, Fresh Banana
Brownie, Milk

Bean & Beef Burrito **15**
Tortilla Chips, Salsa
Leaf Lettuce, Tomato Slice
Orange Halves, Milk

Cheese Breadsticks **16**
w/Marinara Sauce
Seasoned Corn
Tossed Salad, Apple, Milk

No School Today **17**
Teacher Work Day

No School Today **20**
SPRING BREAK!

No School Today **21**
SPRING BREAK!

No School Today **22**
SPRING BREAK!

No School Today **23**
SPRING BREAK!

No School Today **24**
SPRING BREAK!

No School Today **27**
Teacher In Service

Hamburger on a Bun **28**
Leaf Lettuce & Tomato Slices
Pickles, Oven Fries
Banana, Milk

Chili, Tortilla Chips **29**
Bell Pepper Strips
Sliced Cucumber Milk
Diced Peaches, Cinnamon Roll

Baked Ham **30**
Sweet Potatoes, Green Beans
Fresh Grapes
Honey Apple Crisp, Milk

Mac & Cheese **31**
Meat Balls
Fresh Baby Carrots
Apple & Raisin Salad, Milk