

Menu subject to change: Notice will be given if possible.
 All lunches served with choice of vegetable, fruit, and 1% milk or skim chocolate milk. Salads are available daily and may be ordered before 10:00. **PB&J Sandwiches are offered daily.**

January 2017 Lunch Menu

Free/Reduced Lunch application can be filled out any time of the year. For more details contact Vicky Williams 699-2316 x403. Ellicottville Central School is an Equal Opportunity provider and Employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Hot Dog on Bun 285 Cal Or Bologna Sandwich 240 cal Baked Fries 150 Cal Baked Beans 110 Cal Fresh or Canned Fruit 60 Cal	4 Nacho's w/ Taco Meat 275 Cal Or Egg Salad 380 Cal Steamed Rice 170 Cal Steamed Corn 92 Cal Fresh or Canned Fruit 60 Cal	5 French Toast Sticks 375 Cal Or Ham Sandwich 172 Cal Breakfast Sausage 200 Cal Baked Apples 60 Cal	6 Goulash w/ Meat Sauce 369 Cal Or Salami Sandwich 340 Cal Garlic Bread Stick 100 Cal Tossed Salad 123 Cal Fresh or Canned Fruit 60 Cal
9 Stuffed Crust Pizza 433 Cal Or Ham Sandwich 172 Cal Steamed Broccoli 21 Cal Fresh/ Canned Fruit 60 Cal	10 Chili Cheese Fries 320 Cal Or Bologna Sandwich 240 Cal Soft Pretzel 96 Cal Steamed Corn 92 Cal Fresh or Canned Fruit 60 Cal	11 Sweet and Sour Chicken 240 Cal Or Salami Sandwich Seasoned Rice 340 Cal Oriental Blend 95 Cal Butter Dinner Roll 100 Cal Fresh or Canned Fruit 60 cal	12 Chicken Parmesan 300 Cal Or Egg Salad 380 Cal Spaghetti 210 Cal Garlic Bread Stick 100 Cal Fresh or Canned Fruit 60 Cal	13 Meatball Subs 330 Cal Or PB&J 370 Cal Corn Chips 140 Cal Steamed California Blend 33 Cal Fresh or Canned Fruit 60 Cal
16 NO SCHOOL	17 Grilled Cheese 308 cal Or Salami 340 cal Tomato Soup 150 Cal Crackers 50 Cal Steamed Green Beans 20 cal Fresh/ Canned Fruit 60 Cal	18 Italian Sausage on Bun 435 Cal Or Egg Salad 380 Cal Macaroni Salad 183 Cal Baked Beans 110 Cal Fresh/ Canned Fruit 60 Cal	19 Chunky Turkey Gravy 158 Cal Or Ham Sandwich 172 Cal Homemade Biscuit 180 Cal Steamed Mixed Veggies 33 Cal Fresh/ Canned Fruit 60 Cal	20 Chicken Nuggets 315 Cal Or Bologna Sandwich 240 cal Steamed Seasoned Rice 170 Cal Buttered Dinner Roll 100 Cal Candied Carrots 90 Cal Fresh/ Canned Fruit 60 Cal
23 Chicken Alfredo 325 Cal Or Ham Sandwich 172 Cal Garlic Bread Stick 100 Cal Steamed Broccoli 21 Cal Fresh/ Canned Fruit 60 Cal	24 French Bread Pizza 330 Cal Or Egg Salad Sandwich 380 Cal Tossed Salad 123 cal Fresh/ Canned Fruit 60 Cal	25 Hot Ham and Cheese on Pretzel Bun 433 Cal Or PB&J Sandwich 370 Cal Cream of Broccoli Soup 100 cal Candied Carrots 90 cal Fresh/ Canned Fruit 60 Cal	26 Hamburger/Cheeseburger 300 cal Or Bologna Sandwich 240 cal Macaroni Salad 183 cal Baked Beans 110 cal Fresh/ Canned Fruit 60 Cal	27 NO SCHOOL FOR STUDENTS