

September Middle School Menu

August 2019

Prices:

Breakfast- \$1.75
 Reduced Breakfast- \$0.30
 Lunch- \$3.35
 Reduced Lunch- \$0.40
 Milk-\$0.85
 8oz Water- \$0.60



28 Hot Dog on a WW Bun Vegetarian Baked Beans Glazed Carrots Fresh Fruit Chef's Choice Fruit & Veggie Bar	29 Pan Pizza Roasted Broccoli Fresh Fruit 100% Fruit Juice Chef's Choice Fruit & Veggie Bar
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Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
No School! Labor Day	Chicken Tenders Ranch Potato Wedges Coleslaw Fresh Fruit	Stuffed Shells Topped with Marinara and Cheese Garlic Bread Caesar Salad Fresh Fruit	Twin Chicken Tacos Assorted Toppers Spanish Rice Black Bean and Corn Salad Chilled Fruit	Pan Pizza Caesar Salad Chilled Juice Fresh Fruit Cup
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
French Toast Sticks Maple Syrup Chicken Sausage Harvest Homefries Chilled Juice Fresh Fruit	Chicken or Cheese Nachos Fiesta Corn & Black Bean Salad Salsa Sour Cream Fresh Fruit	BBQ Drumsticks Corn on the Cob Rice Pilaf Corn Bread Fresh Fruit	Crispy Chicken Sandwich - Plain or w/ Boom Boom Sauce Lettuce and Tomato Sweet Potato Fries Fresh Fruit	Pan Pizza Veggie Crunchers Hummus Chilled Juice Mixed Fruit
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Fish n' Chips Basket Breaded Fish w/ Potato Wedges Seasoned Peas Biscuit Fresh Fruit	Chicken Parmesan Spaghetti Marinara Sauce Lemon Zest Broccoli Homemade Garlic Bread Fresh Fruit	*National Cheeseburger Day* BBQ Bacon Cheese Burger or Veggie Burger Crinkle Cut Fries Coleslaw Fresh Fruit	Orange Chicken Lo Mein Noodles Chinese Style Vegetable Fortune Cookie Fresh Fruit	Pan Pizza Broccoli Salad Chilled Juice Fresh Fruit
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Steak and Cheese Quesadilla or Veggie Quesadilla Sour Cream Salsa Guacamole Spanish Rice Cheesy Refried Beans Fresh Fruit	Popcorn Chicken Bowl Mashed Red Bliss Potatoes Whole Kernel Corn Gravy Topped with Cheddar Cheese Fresh Fruit	Italian Trio: Fried Mini Ravioli, Chicken Meatball, and Mozzarella Sticks Marinara Sauce Green Beans Garlic Breadstick Fresh Fruit	*National Pancake Day* Pancakes Maple Syrup Crispy Turkey Bacon Diced Potatoes Chilled Juice Fresh Fruit	Pan Pizza Caesar Salad Chilled Juice Fresh Fruit
Monday 30				
Honey BBQ or Buffalo Tossed Chicken Wings Smiley Fries Glazed Carrots Warm Dinner Roll Fresh Fruit	Fruit and Veggie Bar Available Daily	Variety of Sandwiches Offered Daily. Options include: ham & cheese, sunbutter & jelly, turkey & cheese, roast beef & cheese	Variety of Salads Offered Daily. Options Include: Garden, Greek, Ceasar, Chef's. Protein Options include Tuna Salad, Chicken Salad, Hardboiled Egg, Grilled Chicken, GF Chicken Tenders	To see if your family qualifies for free/reduced priced meals, please fill out an application. This can be done online via www.lunchapp.com. Applications must be filled out yearly.

Questions? Contact Us: 978-247-5520
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Need to put money on your student's account? Use www.sendmoneytoschool.com

This institution is an equal opportunity provider

Menu subject to change due to product availability and/or school cancellations

September Middle School Sandwich and Salad Menu



Prices:
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 Reduced Breakfast- \$0.30
 Lunch- \$3.35
 Reduced Lunch- \$0.40
 Milk- \$0.85
 8oz Water- \$0.60

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
No School! Labor Day	Crispy Chicken Sandwich Grilled Cheese Chicken Caesar Salad and Pita	Steak and Cheese Sub Deli Bar Greek Salad with Feta and Pita	Bacon Egg and Cheese on a Bagel Deli Bar Chicken Bacon Ranch Salad and Pita	Tuna Sandwich and Chips Chef's Choice Garden Salad with Buffalo Chicken (GF) and Pita
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Meatball Sub with Provolone BLT on Multigrain Bread Crispy Chicken (GF) Garden Salad and Pita	BBQ Grilled Chicken Sandwich Grilled Ham and Cheese Caesar Salad and Pita	Burger and Deli Bar! Build Your Own Sandwich or Top Your Own Burger Cobb Salad and Pita	Bagel and Smoothie Combo Deli Bar Asian Chicken Salad and Pita	Buffalo Chicken Salad Sandwich and Chips Chef's Choice Quinoa Salad with Butternut Squash, Apples, and Craisins
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Buffalo Chicken Sub Salami and Cheese Wrap Apple and Craisin Salad with Feta and Pita	Crispy Chicken Sandwich Grilled Cheese Chicken Caesar Salad and Pita	Cereal Served with Yogurt Burrito Bowl Bar! Build Your Own Burrito Bowl Greek Salad with Feta and Pita	Sausage Egg and Cheese on a Bagel Deli Bar Chicken Bacon Ranch Salad and Pita	Egg Salad Sandwich and Chips Chef's Choice Garden Salad with Buffalo Chicken (GF) and Pita
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Meatball Sub with Provolone BLT on Multigrain Bread Crispy Chicken (GF) Garden Salad and Pita	BBQ Grilled Chicken Sandwich Grilled Ham and Cheese Caesar Salad and Pita	Crispy Fishwich w/ Cheese Salad Bar! Build Your Own Salad! Cobb Salad and Pita	Bagel and Smoothie Combo Deli Bar Asian Chicken Salad and Pita	Ham and Swiss Wrap and Chips Chef's Choice Quinoa Salad with Butternut Squash, Apples, and Craisins
Monday 30				
Buffalo Chicken Sub Salami and Cheese Wrap Apple and Craisin Salad with Feta and Pita				

BREAKFAST MENU

Monday- Breakfast Sandwich Variety!
 Tuesday- Build your own Breakfast Flatbread!
 Wednesday- Pancakes with Sausage Patty!
 Thursday- Cheesy Breakfast Burrito!
 Friday- Waffles and Turkey Bacon!

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Available Daily: Cereal, Muffins, Bagels, Smoothies, and Yogurt. All Breakfasts come with fruit and fat-free or 1% milk