



Chelmsford School Nutrition 978-251-5111

WG – Whole Grain **V** – Vegetarian
 Elementary Lunch: \$2.65 Milk \$.75
 Middle and High School Lunch: \$3.10
 Better for You Snacks \$.25 - .75

Menus are subject to change without notice.

Daily Alternates: Breakfast for Lunch (WG/RS Trix Cereal, Cinnamon Grahams, Juice Pouch, Low Fat Cheese Stick and Choice of Milk)
Offered Daily with Lunch: Fresh Fruit and Veggies, Choice of Milk (Low Fat, Skim & Low Fat Chocolate)
If Substitutions are necessary—Cheese Panini Lunch will be served.
 USDA is an equal opportunity provider and employer.

Monday

Tuesday

Wednesday

Thursday

Friday

CHICKEN DIPPERS W/ **2**
 TOMATO PARMESAN SAUCE
 Green Beans
 Diced Peaches

PANCAKES & SAUSAG **3**
 Golden Potato Rounds
 Orange Juice
 Syrup
 Ketchup

CHEESEBURGER & **4**
 Hamburger Bun
 Maple Baked Beans
 Fresh Baby Carrots
 Mixed Fruit Cup
 Ketchup & Lt Ranch Dressing

MACARONI & CHEESE **5**
 Mixed Vegetables
 Fresh Fruit Basket

CHEESE PIZZA **6** V
 Romaine Lettuce
 Light Ranch Dressing
 Fresh Fruit Basket

COLUMBUS DAY **9**

 NO SCHOOL

CHICKEN TENDERS W/ **10**
 SWEET POTATO PUFFS
 Whole Kernel Corn
 Applesauce Cup
 BBQ Sauce & Ketchup

HOT DOG W/ POTATO **11**
 ROUNDS
 Hot Dog Bun
 Maple Baked Beans
 Diced Peaches
 Mustard & Ketchup

4 CHEESE PANINI **12**
 Mixed Vegetables
 Sliced Apples

CHEESE PIZZA **13** V
 Romaine Lettuce
 Light Ranch Dressing
 Fresh Fruit Basket

MINI CORN DOGS & **16**
 CHICKEN FUN MIX
 French Fries
 Orange Juice
 BBQ Sauce
 Ketchup

TACO SCOOPS **17**
 Tortilla Chips
 Whole Kernel Corn
 Fresh Fruit Basket

POPCORN CHICKEN **18**
 Romaine Lettuce
 Cucumber Coins
 Applesauce Cup
 Light Ranch Dressing

EARLY RELEASE DAY **19**

 NO LUNCH SERVED

PIZZA DIPPERS **20** V
 Marinara Dipping Sauce
 Fresh Baby Carrots
 Light Ranch Dressing
 Fresh Fruit Basket

CHICKEN DIPPERS W/ **23**
 TOMATO PARMESAN SAUCE
 Green Beans
 Diced Peaches

PANCAKES & SAUSAG **24**
 Golden Potato Rounds
 Orange Juice
 Syrup
 Ketchup

CHEESEBURGER & **25**
 Hamburger Bun
 Maple Baked Beans
 Fresh Baby Carrots
 Mixed Fruit Cup
 Ketchup & Lt Ranch Dressing

MACARONI & CHEESE **26**
 Mixed Vegetables
 Fresh Fruit Basket

CHEESE PIZZA **27** V
 Romaine Lettuce
 Light Ranch Dressing
 Fresh Fruit Basket

CHICKEN TENDERS W/ **30**
 SWEET POTATO PUFFS
 Whole Kernel Corn
 Applesauce Cup
 BBQ Sauce & Ketchup

HOT DOG W/ POTATO **31**
 ROUNDS
 Hot Dog Bun
 Maple Baked Beans
 Diced Peaches
 Mustard & Ketchup

