



Monday

Tuesday

Wednesday

Thursday

Friday



Alternate Meals: Vegetarian WG Apple Muffin Fun Lunch or Crispy Chicken Salad with a WW Roll

5
Whole Grain Chicken
Enchilada Empanada
with Salsa Dip,
Fresh Cucumber Wheels
& Fresh Melon

6
Korean Beef
over Brown Rice
with Carrot & Red Bell
Pepper Stir-Fry
& Local Eco Heirloom
Gravenstein Apple

7
Half Day
Choose from Bagel Fun Lunch
or Tuna Salad Sandwich on Whole
Wheat all served with
Assorted Fruits & Veggies

1
Hamburger or
Cheeseburger
on a Whole Wheat Bun
with Boston Baked Beans
& an Applesauce Cup

2
Chicken & Spinach Pesto
Whole Wheat Pasta
served with Parmesan Cheese
& Chef's Choice of Fruit

Alternate Meals: Vegetarian WG Bagel Fun Lunch or Tuna Salad Sandwich on WW with Lettuce



12
Homemade Pasta Fagioli
Soup with Tomato
& Local Eco Heirloom
Hubbardston Nonesuch Apple

13
Half Day
Choose from Cereal Fun Lunch
or Turkey & Cheese Otter Box
all served with
Assorted Fruits & Veggies

14
3 Chicken, Cabbage &
Onion Asian Style
Whole Wheat Dumplings
with Roasted Edamame
& an Applesauce Cup

15
Diced Chicken & Broccoli
Alfredo over Whole Wheat Pasta
& Chef's Choice of Fruit

Alternate Meals: Vegetarian GF Cereal Fun Lunch or Turkey & Cheese Otter Box

19
WG Breaded Pollock
Fish Sticks
served with Tartar Sauce,
Rosemary Roasted Vegetables
& Fresh Melon

20
Chicken Cacciatore
over Whole Wheat Pasta
with Parmesan Cheese
& Local Eco Heirloom Pitmaston
Pineapple Apple

21
Early Release
Choose from Muffin Fun Lunch
or Egg Salad Sandwich
all served with
Assorted Fruits & Veggies

22
Classic Beef Sloppy Joe
on a Whole Wheat Bun
served with Baked Beans
& an Applesauce Cup

23
Baked North Atlantic Salmon
with Herbs & Lemon
over Wild Rice
with Roasted Broccoli
& Chef's Choice of Fruit

Alternate Meals: Vegetarian WG Blueberry Muffin Fun Lunch or Egg Salad Sandwich on WW

26
Lasagna Roll Up
topped with Marinara Sauce &
Melted Mozzarella Cheese
served with Fresh Melon

27
Jay's BBQ Day!
BBQ Pulled Pork Sandwich on a
Whole Wheat Bun
with Sweet Potato Fries
& Local Eco Heirloom
Karmijin de Sonnevillle Apple

28
Half Day
Choose from Bagel Fun Lunch
or All-American Sub Sandwich
all served with
Assorted Fruits & Veggies

29
*Head West on the
Oregon Trail!*
Seasoned Turkey Taco Meat
on Whole Grain Corn Bread
served with Cowboy Caviar
& an Applesauce Cup

30
Sweet & Sour Diced Chicken
served with Pineapple
& Scallion Brown Rice
and Roasted Baby Bok Choy
& Chef's Choice of Fruit

Alternate Meals: Vegetarian WG Bagel Fun Lunch or All-American Sub on WW

One Full Reimbursable Lunch is Free to Each Student

A La Carte Items will be charged accordingly

Menu is Subject to Change

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This institution is an equal opportunity provider

A USDA Reimbursable Pre-K Lunch is ...

6 fl. Oz Fat Free or Unflavored 1% Milk, ½ cup Fruit or Vegetable, ½ oz. eq. Whole Grain & 1 ½ oz. eq. Meat/Meat Alternate

Assorted Condiments, Skim White, Skim Chocolate, or 1% White Milk are Available Daily

Alternative Milk Choices such as Lactaid or Soy Milk are available to any student with a documented dietary need