

DECEMBER



Middle School Lunch Menu



Served 30 Minutes Prior to the Start of School!

Mon - Egg sandwich w/ or w/out cheese & choice of meat
 Tues - WG French toast sticks w/ syrup, or assorted cereal w/ hard boiled egg
 Wed - Mini yogurt w/ granola or fruit or Egg Puff Pastry w/ hashbrown
 Thurs - WG bagel w/ cc or assorted muffin
 Fri - Oatmeal bar w/ toppings, or assorted Chef's choice

Assorted cereals available everyday! All breakfasts are served w/ juice or fruit and assorted white milk.

Elementary Prices

Breakfast- full pay \$1.75
 Breakfast- reduced \$3.00
 Lunch- full pay \$3.00
 Lunch- reduced \$4.00
 Individual Milk \$.85
 Individual Water \$.60
 All meals come with veggies, fresh fruit & choice of skim milk or 1% milk.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chef's Soup Choice Cheddar Cheese Twisted Stix Marinara Sauce Italian Mixed Vegetables Side Caesar Salad Fresh Fruit Assorted WG Bagels Choice of Protein 100% Fruit Juice Fruit & Veggie Bar	4 Beef Burrito OR Chicken Burrito Lettuce And Tomato Toppers Salsa Fiesta Corn & Black Bean Salad Fresh Fruit Deli Bar Assorted Power Packs Fruit & Veggie Bar	5 Crispy Chicken Sandwich Lettuce and Tomato Lemon Zest Broccoli Sweet Potato Fries Fresh Fruit Deli Bar Fruit & Veggie Bar	6 Chef's Soup Choice Meatball Mozzarella Sub Green Beans Chickpea Salad Fresh Fruit Deli Bar Assorted Power Packs Fruit & Veggie Bar	7 Early Release Day! Breakfast Served 30 Minutes Prior Start of School. Bagged Lunches Available Upon Request!
10 Chef's Soup Choice WG Pancakes Maple Syrup Chicken Sausage Roasted Potato Wedges Fresh Fruit Assorted WG Bagels Choice of Protein 100% Fruit Juice Fruit & Veggie Bar	11 Homemade Mac & Cheese Broccoli Roasted Butternut Squash Fresh Fruit Deli Bar Assorted Power Packs Fruit & Veggie Bar	12 Hamburger on WW Bun Or Cheeseburger on WW Bun Or Veggie Burger Lettuce and Tomato Baked Beans Honey Glazed Carrots Fresh Fruit Deli Bar Fruit & Veggie Bar	13 Chef's Soup Choice Chicken Fajitas Lettuce And Tomato Toppers Salsa Mexicali Corn Fresh Fruit Deli Bar Assorted Power Packs Fruit & Veggie Bar	14 Pan Pizza Veggie Crunchers Hummus Roasted Cauliflower Apple Crisp Chicken Salad Sandwich 100% Fruit Juice Fruit & Veggie Bar
17 Chef's Soup Choice Hot Dog on WW Roll Baked Beans Tomato Basil and Mozzarella Salad Fresh Fruit Assorted WG Bagels Choice of Protein 100% Fruit Juice Fruit & Veggie Bar	18 Chicken Tenders Green Beans Cinnamon Sweet Potatoes Fresh Fruit Deli Bar Assorted Power Packs Fruit & Veggie Bar	19 Breaded Fish Filet Coleslaw Chipotle Corn WW Dinner Roll Fresh Fruit Deli Bar Fruit & Veggie Bar	20 Chef's Soup Choice Roasted Chicken Drumstick Brown Rice Pilaf Kale Chips Fresh Fruit Deli Bar Assorted Power Packs Fruit & Veggie Bar	21 Pan Pizza Vegetable Medley Mediterranean Salad Fresh Fruit Chocolate Pudding Chicken Caesar Wrap 100% Fruit Juice Fruit & Veggie Bar
24 No School - Winter Vacation!			27 No School - Winter Vacation!	28



Looking for a job with flexible days/hours? We are currently looking for substitute food service workers. Please contact Gail Koutroubas or Taylor Pirog at 978-247-5520 for more information!

This institution is an equal opportunity provider.



If you believe your child may qualify for free or reduced-priced meals, please fill out an application via lunchapp.com or contact us for a paper application.

Questions? Contact us: 978-247-5520
 Gail Koutroubas, Director of Food & Nutrition Services
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 Taylor Pirog, MS, RD, Assistant Food Service Director
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Menus subject to change due to product availability and/or school cancellations.