

September Lunch **W**

Free or Reduced Lunch?
Apply confidentially online at:
www.SchoolCafe.com

Date	Monday	Tuesday	Wednesday	Thursday	Friday
8/29 - 8/30	Off	Off	Off	Cheeseburger Picnic Baked beans <i>Fruit & Milk Choice</i>	Stuffed Crust Pizza Garden Salad <i>Fruit & Milk Choice</i>
9/3 - 9/6	Off	Grilled Cheese Tomato Soup or Green beans <i>Fruit & Milk Choice</i>	Taco in a bag Refried beans <i>Fruit & Milk Choice</i>	Breakfast: French Toast Hash Brown <i>Fruit & Milk Choice</i>	Stuffed Crust Pizza Garden Salad <i>Fruit & Milk Choice</i>
9/9 - 9/13	Hot Dogs Fiesta beans <i>Fruit & Milk Choice</i>	Combo Basket Chicken strips Carrot dippers <i>Fruit & Milk Choice</i>	Mac n Cheese Broccoli <i>Fruit & Milk Choice</i>	Cheeseburgers Smiley fries <i>Fruit & Milk Choice</i>	Stuffed Crust Pizza Garden Salad <i>Fruit & Milk Choice</i>
9/16 - 9/20	Chicken Nuggets Sweet potato fries <i>Fruit & Milk Choice</i>	Breakfast: Waffles Potatoes <i>Fruit & Milk Choice</i>	Nachos w/ Dipping Cheese Fiesta beans <i>Fruit & Milk Choice</i>	Chef's choice Sunday Dinner Cauliflower <i>Fruit & Milk Choice</i>	Stuffed Crust Pizza Garden Salad <i>Fruit & Milk Choice</i>
9/23 - 9/27	Chicken Patty Fries <i>Fruit & Milk Choice</i>	Mozzarella Sticks Marinara & Roast Carrots <i>Fruit & Milk Choice</i>	Pasta w/ Red sauce Cauliflower <i>Fruit & Milk Choice</i>	Cheeseburger Picnic Baked beans <i>Fruit & Milk Choice</i>	Stuffed Crust Pizza Garden Salad <i>Fruit & Milk Choice</i>
Menu Subject to Change without warning.					

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Alternate Meals	
Yogurt Meal	Salad Meal
Peanut Butter & Jelly	
Peanut Butter & Fluff	

LUNCH PRICES	
Paid	\$3.00
Reduced	40¢

Did you know?

We offer bagged lunches on Half days!
All Lunches come with a choice of Peanut Butter sandwich with Jelly or Fluff; or hot entrée.
All Lunches include a milk, fruit and vegetable.

Lunches are meant to be eaten at home and not on the bus.

Interested in substitute work in School Nutrition? We are hiring!

Call 413-569-6870

The USDA is an equal opportunity employer

ALL MEALS COME WITH CHOICE OF CHOCOLATE OR STRAWBERRY SKIM OR PLAIN 1% MILK

ALL GRAINS ARE WHOLE GRAIN, ALL YOGURTS ARE LOW-FAT

We offer Breakfast every morning!

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>In the Cafeteria</i>	Bagels & Cream Cheese <i>Fruit & Juice choice</i> <i>Milk: 1% or Chocolate Skim</i>	Egg Muffin Sandwich <i>Fruit & Juice choice</i> <i>Milk: 1% or Chocolate Skim</i>	French Toast or Pancakes <i>Fruit & Juice choice</i> <i>Milk: 1% or Chocolate Skim</i>	Chef's Choice: Eggs <i>Fruit & Juice choice</i> <i>Milk: 1% or Chocolate Skim</i>	Donuts: Rings or holes <i>Fruit & Juice choice</i> <i>Milk: 1% or Chocolate Skim</i>

PRICES	
Paid	\$1.00
Reduced	25¢

Every Day Offerings:
 Assorted Cold Cereals
 Assorted Pop Tarts and Cereal Bars

