


Belmonte Middle School Lunch Menu November 2 – December 4, 2009

If you have any questions call Foodservice Director @781-231-5045 or Cafeteria@sauus.k12.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
2  Chicken Nuggets Dipping Sauces Mashed Potato Glazed Carrots	3 Professional Development Day No lunch	4  Beef-A-Roni w/ Garlic Bread Vegetables Pudding Cup  Fresh Apple	5 Philly Style Steak & Cheese On a Sub Roll Potato Wedges	6 Chicken Topped Caesar Salad Pita Bread  Fresh Apple
9  Hot Dog on a Bun Potato Puffs Carrots Chilled Peaches	10 <u>New Item</u> Honey Mustard Chicken Wrap Rice Pilaf Seasoned Corn	11 Veteran's Day No School	12 Bacon Burger With Cheese Baked Fries Lettuce & Tomato Pickles	13 <u>Breakfast for Lunch</u>  French Toast Sticks Sausage Hash Brown Patty Pancake Syrup
16  Hamburger Whole Wheat Bun Potato Wedges Chilled Pears	17 Buffalo Style Chicken Fingers Rice Celery & Carrots Ranch Dressing	18 Home Style Macaroni & Cheese California Mixed Vegetables Breadstick	19 Meatball Parmesan On A Sub Roll Tossed Salad Light Dressing Parsley Corn	20 <u>New Item</u> Whole Grain Corn Dog Potato Wedges  Fresh Apple
23  Sweet & Sour Breaded Popcorn Chicken Broccoli	24 <u>Soup & Sandwich</u> Grilled Cheese Cup of Soup Vegetable Sticks Ranch Dressing	25 Early Release Day No Lunch	26 Thanksgiving Day No School	27  Remember to include "Balanced Choices" when choosing a Lunch or Snack
30 Oven Baked Chicken Breast Filet Mashed Potato Gravy Seasoned Corn Fresh Breadstick	1 <u>Saugus Sub</u> Boloney & Cheese Lettuce Tomato Pickles Special Dressing Chips	2 <u>Breakfast for Lunch</u> Bacon -Egg and Cheese On a Bagel Potato Puffs	3  Macho Nachos Taco Spiced Beef Lettuce & Tomato Salsa-Cheese Spanish Rice	4 <u>New Item</u> Breaded Fish Sticks Cheesy Macaroni Glazed Carrots
Origins Meals include hot or cold vegetables with bread assortment	 Daily alternates: Fresh baked cheese and pepperoni pizza And tossed salad	The Fresh GRILLE Daily offerings: Chicken patty, Hamburger, and Cheeseburgers, with tossed salad	 Enjoy one of our prepackaged salads or sandwich meals made fresh daily	 Chartwell's and the Saugus Schools Lunch Program Feature a Variety of Locally Grown Fruits & Vegetables

**Student Lunch Price: \$2.25 Pizza Lunch: \$2.50
Reduced Lunch: \$.40**

All meals served with milk (1%whole or low fat Chocolate), Fresh or chilled fruit, & bread or roll

 Balanced Choices Meals are nutrient dense offerings that go beyond nutritional standards set forth by the National School Lunch Program. Each meal is designed to meet 1/3 of students' daily requirements for calories, Vitamins A & C, calcium, and iron and to provide no >30% of calories, no >10% calories from saturated fat, and no >1300 mg of sodium.

Chartwells
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Our Fresh baked cookies & brownies are NUT FREE.  This menu item is made with whole grains