

EAT. LEARN. LIVE

Belmonte Middle School Lunch Menu w/ Balanced Choices Meals October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
5  Baked Breaded Chicken Nuggets Dipping Sauces Mashed Potato Vegetables	6 Sausage Egg & Cheese On a Croissant Hash Brown Patty	7  Beef-A-Roni w/ Garlic Bread Vegetables Pudding Cup	8 Philly Style Steak & Cheese On a Sub Roll Potato Wedges	9 Italian Style Pizza Pocket Marinara Sauce Vegetable Tossed Salad
12 Columbus Day No School	13  Hot Dog on a Bun Potato Puffs Vegetables Chilled Fruit	14 2-Cheese Shells Marinara Sauce Meatballs Vegetables Breadstick	15 Bacon Burger With Cheese Baked Fries Lettuce & Tomato Pickles	16 Chicken Topped Caesar Salad Pita Bread
19  Cheeseburger Whole Wheat Bun Potato Wedges Chilled Fruit	20 Ham & Cheese on a Croissant Nacho Chips	21 Buffalo Style Chicken Fingers Rice Celery & Carrots Ranch Dressing	22 Meatball Parmesan On A Sub Roll Potato Puffs Tossed Salad	23 Crispy Coated Oven Fried Chicken Mashed Potato Vegetable Biscuit
26 Chicken Filet On a Kaiser Roll Lettuce & Tomato Honey Mustard or BBQ Sauce Oven Fries	27 <u>Soup & Sandwich</u> Grilled Cheese Cup of Soup Vegetable Sticks Ranch Dressing	28 Home Style Macaroni & Cheese Vegetable Breadstick	29  Macho Nachos Lettuce & Tomato Salsa Cheese Sauce Rice	30 <u>Breakfast for Lunch</u> Pancakes Sausage Hash Brown Pancake Syrup Chilled Fruit
		 Remember to include "Balanced Choices" when choosing a Lunch or Snack		
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		 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.		

All meals are served with a choice of Milk (1or2% whole or low fat chocolate), Fruit (fresh or chilled) or Juice, & Bread. Our Fresh baked cookies & brownies are NUT FREE, but some foods may contain "undeclared" peanut products. We feature whole grains chicken, pastas, French toast & pancakes as well as other selected breads. If you have any questions call Dan Sabbag, Foodservice Director @781-231-5045 or Cafeteria@saugus.k12.ma.us

