

EAT. LEARN. LIVE

Elementary Lunch Menu w/ Balanced Choices Meals October 2009

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 5  Chicken Nuggets Dipping Sauces Mashed Potatoes Corn | 6 Bacon Cheeseburger Lettuce & Tomato Snack Doritos | 7  Rotini Pasta Meat Sauce Green Beans Fresh Breadstick Fresh Baked Cookie \$.70 | 8 Ham & Cheese On a Croissant Baked Potato Puffs Jello Cup | 9 Tony's Smart Cheese Pizza Tossed Salad Light Dressing |
| 12 Columbus Day No School | 13  Hot Dog on a Bun Baked Potato Puffs Carrots Fresh Fruit | 14 Meatball Sub Fresh Baby Carrots Lite Ranch Dressing Snack Chips Fresh Baked Cookie \$.70 | 15 Popcorn Chicken Sweet & Sour Sauce Rice Corn Pudding Cup | 16 French Bread Pizza Tossed Salad Light Dressing |
| 19  Chicken Patty on a Bun Mixed Vegetables Chilled Fruit | 20 Steak & Cheese Sub Oven Fries Pudding Cup | 21 Macaroni & Cheese Mixed Vegetable Honey Graham Crackers Fresh Baked Cookie \$.70 | 22 <u>Breakfast for Lunch</u> Pancakes Sausages Potato Puffs Pancake Syrup Chilled Peaches | 23  Sicilian Pan Pizza Potato Puffs Tossed Salad Light Dressing Chilled Fruit |
| 26  Hamburger on a Bun Potato Wedges Chilled Peaches | 27 <u>Soup & Sandwich</u> Grilled Cheese Chicken Noodle Soup Veggie Sticks Goldfish Crackers | 28  Beef -A -Roni Marinara Sauce Green Beans Fresh Baked Cookie \$.70 | 29 Chicken Fingers Dipping Sauces Mashed Potato Corn | 30 Individual Round Pizza Tossed Salad Light Dressing |
| Please Note: Alternate Meals are Featured Daily (See Below) | | | | |
| <u>Monday Alternate Meals</u> Bagel Fun lunch Or Garden Salad With Tuna | <u>Tuesday Alternate Meals</u> Bagel Fun Lunch Or Cereal Lunch | <u>Wednesday Alternate Meals</u> Bagel Fun Lunch Or Chicken Caesar Salad Wrap | <u>Thursday Alternate Meals</u> Bagel Fun Lunch Or Tuna Salad Sandwich With Baby Carrots | <u>Friday Alternate Meals</u> Bagel Fun Lunch Or Cereal Lunch |
| 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 (1% whole or low fat chocolate), Fruit (fresh or chilled), or juice, Breads or Rolls.
Cereal Lunch: Wellness approved cereal, yogurt, & cheese. **Bagel lunch:** Bagel, cream cheese, yogurt, cheese stick.
 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, & selected breads. We feature locally grown fruits & produce.
 If you have any questions please call Dan Sabbag, Foodservice Director @ 781-231-5045 or cafeteria@saugus.k12.ma.us