


Elementary Lunch Menu November 2 – December 4, 2009


If you have any questions please call: Foodservice Director @ 781-231-5045 or cafeteria@saugus.k12.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
2  Chicken Nuggets Mashed Potatoes Corn Dipping Sauces	3 Professional Development Day No Lunch	4  Rotini Pasta Italian Meat Sauce Green Beans Fresh Breadstick Fresh Baked Cookie \$.70	5 <u>New lunch</u>  Mini Corn Dogs Seasoned Mixed Vegetables Breadstick Orange Wedges	6 Tony's Smart Cheese Pizza Tossed Salad Light Dressing
9  Hot Dog on a Bun Potato Wedges Carrots Applesauce	10 Oven Baked Breaded Chicken Chunks Sweet & Sour Sauce Rice Seasoned Corn	11 Veteran's Day Holiday No Lunch	12 <u>New Breakfast for Lunch</u> Ham Egg and Cheese Croissant Potato Puffs	13 French Bread Pizza Tossed Salad Light Dressing
16  Chicken Patty On a Bun Mixed Vegetables Chilled Pineapples	17 Meatball Sub Fresh Baby Carrots Lite Ranch Dressing Snack Chips	18 <u>New Lunch</u> Baked Breaded Fish Sticks Cheesy Macaroni Seasoned Carrots Fresh Baked Cookie \$.70	19 <u>Soup & Sandwich</u> Grilled Cheese Chicken Noodle Soup Veggie Sticks Goldfish Crackers	20  Sicilian Pan Pizza Potato Wedges Chilled Peaches
23  Hamburger on a Bun Tossed Salad Corn Fruit Cocktail	24 !/2 Day teacher Conference Cold lunch Only	25 Early Release No Lunch	26 Thanksgiving Day Holiday	27 No School 
30 Chicken Fingers Dipping Sauces Mashed Potato Corn Dinner Roll	1 <u>New Lunch</u> Bacon, Lettuce & Tomato Wrap with Cheese Tomato Soup	2  Beef -A -Roni Green Beans Dinner Roll Applesauce Fresh Baked Cookie \$.70	3 <u>Breakfast for Lunch</u>  French Toast Sticks Sausages Potato Puffs Pancake Syrup Chilled Peaches	4 Individual Round Pizza Tossed Salad Light Dressing
<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**
All meals served with milk (1% whole or low fat chocolate), fresh or chilled fruit, bread or rolls.

 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.

Cereal Lunch: Wellness approved cereal, yogurt, & cheese. Bagel lunch: Bagel, cream cheese, yogurt, cheese stick. Our fresh baked cookies & brownies are NUT FREE.

 This menu item is made with whole grains

