


BURLINGTON PUBLIC SCHOOLS MSMS LUNCH MENU

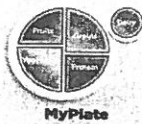
Prices:
 Student: \$3.00
 Adult: \$4.25

January

2018

We aim to provide our students with vitamins & key nutrients essential for growth by offering a wide variety of _____ and _____ in various colors.

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL Happy New Year!	2 WG Chicken Nuggets Tater Tots Sweet Golden Corn Crunchy Apple Alternate: Hot Dog	3 Cheese Filled Ravioli's Warm Dinner Roll Steamed Green Beans Fresh Veggie Dippers Sweet Peach Cup Alternate: Toasted Grilled Cheese	4 Teriyaki Chicken Dinner Seasoned Rice, Vegetable Medley (Peas & Carrot Mix) Pear Cup Alternate: Chicken Patty Sandwich	5 Pizza Party Homemade WG Sal's Pizza Tossed Garden Salad Mixed Up Fruit Cups
8 WG Popcorn Chicken Smiley Fries Sweet Golden Corn Warm Apple Crisp Alternate: Home Style WW Pizza	9 <i>BBQ chicken</i> Creamy Mac & Cheese Warm Dinner Roll Steamed Green Beans Blueberries w/Topping Alternate: Hot Dogs FREE JELL-O CUP	10 Baked Chicken Dinner Creamy Mashed Potatoes Sweet Golden Corn, Mixed Fruit Cup Alternate: Toasted Grilled Cheese	11 Sheppard's Pie (Ground Beef, Mashed Potatoes, Corn) Fresh Crisp Apple Tossed Garden Salad Alternate: Chicken Patty Sandwich	12 Pizza Party WW Wedge Cheese Pizza Tossed Garden Salad Roasted Garbanzo Beans Mixed Up Fruit Cups
15 NO SCHOOL MARTIN LUTHER	16 Burlington Sampler (2 Mozzarella Cheese Sticks & 3 Chicken Nuggets) Potato Smiles Sweet Sliced Peach Cup Alternate: Hot Dogs	17 Nacho Grande Seasoned Ground Beef Lettuce, Tomato & Cheese, Tortilla Chips & Salsa Sweet Golden Corn Perky Pear Cup Alternate: Toasted Grilled Cheese	18 Soup & Sandwich Homemade Chicken Soup w/Grilled Cheese Veggie Dippers Banana Slices w/Topping Alternate: Chicken Patty Sandwich	19 Pizza Party WW Wedge Cheese Pizza Classic Caesar Salad Roasted Garbanzo Beans Mixed Up Fruit Cups
22 WG Chicken Tenders French Fries Sweet Golden Corn Strawberries w/Topping Alternate: Home Style WW Pizza	23 Cinnamon French Toast Sticks Sizzling Sausage Hash Browns Colorful Carrot Dippers Homemade Applesauce Alternate: Hot Dogs	24 Hamburger or Cheeseburger BBQ Baked Beans Cape Cod Chips Cucumber Dippers Sweet Peach Cup Alternate: Toasted Grilled Cheese	25 <i>TACO BOWL</i> Quesadilla (Beef or Chicken) Salsa, Sour Cream, Seasoned Rice, Sweet Peas Fresh Crisp Apple Alternate: Chicken Patty Sandwich	26 Pizza Party Homemade WG Gill's Pizza Tossed Garden Salad Mixed Up Fruit Cups
29 Crispy Chicken Patty on Roll w/ Lettuce & Tomato Sweet Potato Fries Perky Pear Cup Alternate: Home Style WW Pizza	30 Taco Tuesday Tacos or Tostitos Nachos Chicken or Beef Toppings: Lettuce, Salsa, Cheese Seasoned Rice & Sweet Golden Corn Warm Blueberry Crisp Alternate: Hot Dogs	31 Pasta Your Way (sauce or buttered) w/Meatballs Warm Garlic Bread Steamed Green Beans Warm Cinnamon Apple Slices Alternate: Toasted Grilled Cheese		



Questions – Call (781)-270-1756 Karen Damaso, Director of Food Services, damaso@bpsk12.org

REMINDER: You may visit www.burlington.org/departments/schools/burlington_public_schools/food_services.php for a new Free & Reduced price meal application at any time during the school year. Any person who has not yet filled out a new application, or been notified that they were directly certified, will be charged full price for meals.

Alternative Daily Lunch Options:
 -Bagel and Cheese Stick or Yogurt
 -Peanut Butter & Jelly
 -Sun Butter & Jelly
 -Fresh Tossed Salad

All meals are served with a variety of fruits and veggies, whole grains, low fat milk and protein. Menus are subject to change occasionally without notice. Menu items are always subject to availability. This institution is an equal opportunity provider.