

BURLINGTON PUBLIC SCHOOLS MSMS LUNCH MENU

Prices:

Student: \$3.00

Adult: \$4.25

SEPTEMBER

2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
3	4	5	6	7
NO SCHOOL LABOR DAY	French Toast Sticks Sizzling Sausage Hash Browns Colorful Carrot Dippers Homemade Applesauce Alternate: Hot Dogs	Hamburger or Cheeseburger BBQ Baked Beans Cape Cod Chips Cucumber Wheels Strawberries w/Topping Alternate: Toasted Grilled Cheese	Chicken & Cheese Quesadilla Salsa & Sour Cream Seasoned Rice Vegetable Medley Apple Alternate: Chicken Patty Sandwich	Pizza Party Homemade Pizza Caesar Salad Roasted Chickpeas Mix Up Fruit Cup
10	11	12	13	14
Crispy Chicken Patty on Roll w/ Lettuce & Tomato Sweet Potato Fries Perky Pear Cup Alternate: Home Style WW Pizza	Taco Tuesday Tacos or Tostitos Nachos Seasoned Ground Beef w/Lettuce, Salsa, Cheese Sauce Seasoned Rice Sweet Golden Corn Warm Blueberry Crisp Alternate: Hot Dogs	Pasta Your Way (Butter or Sauce) w/Meatballs Homemade Garlic Bread Steamed Green Beans Sweet Peach Cup Alternate: Toasted Grilled Cheese	BBQ Chicken Dinner Creamy Mashed Potatoes, Warm Dinner Roll Vegetable Medley (Peas & Carrot Mix) Orange Smiles Alternate: Chicken Patty Sandwich	Assorted Calzones Tossed Garden Salad Roasted Garbanzo Beans Mixed Up Fruit Cups
17	18	19	20	21
Chicken Nuggets Tater Tots Sweet Peas Crisp Apple Alternate: Home Style WW Pizza	Cheese Filled Ravioli's Warm Dinner Roll, Steamed Green Beans Veggie Dippers Sweet Peach Cup Alternate: Hot Dogs	Teriyaki Chicken Seasoned Rice Sweet Golden Corn Perky Pear Cup Alternate: Toasted Grilled Cheese	Philly Steak & Cheese Sub RF Cape Cod Chips Butternut Squash, Mixed Fruit Cup Alternate: Chicken Patty Sandwich	Pizza Party Homemade Pizza Tossed Garden Salad Roasted Chickpeas Mixed Up Fruit Cups
24	25	26	27	28
Popcorn Chicken Smiley Fries Sweet Peas Apple Crisp Alternate: Home Style WW Pizza	Creamy Mac & Cheese Dinner Roll Green Beans Blueberries W/Topping Alternate: Hot Dogs	Baked Chicken Dinner Mashed Potatos Corn Mixed Fruit Alternate: Toasted Grilled Cheese	Beef Sheppard Pie Dinner Roll Apple Alternate Chicken Patty Sandwich	Pizza Party Homemade Sal's pizza Tossed Garden Salad Roasted Chickpeas Mixed Up Fruit Cups

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
 -Yogurt
 -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.

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