



## Bresnahan Elementary Lunch Menu September 2017

Student Lunch \$2.75  
Reduced Lunch \$0.40 Milk  
purchased separately \$0.60

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Welcome Back!</b>		<b>1) Meatballs in Zesty Marinara Sauce</b> Whole Grain Spaghetti Roasted Green Beans Parmesan Cheese Whole Grain Breadstick	<b>1) Classic Cheese OR Pepperoni Pizza</b> Seasoned Broccoli Florets *G.F. Pizza	No School Labor Day Weekend
<b>Week 1 Alternatives: 2) Hot Option - Crispy Chicken Patty Sandwich 3) Muffin Fun Lunch - Blueberry Muffin, Goldfish Crackers, Cheese &amp; Strawberry Yogurt</b>				
Week 2 No School Labor Day Holiday Observed	Week 2 <b>1) Mashed Potato &amp; Chicken Bowl</b> Whole Grain Dinner Roll Seasoned Corn	Week 2 1st Day of School PK & K <b>1) Pepperoni Pizza Pasta Bake</b> Savory Green Beans Whole Grain Dinner Roll	Week 2 <b>1) Cheese Stuffed Breadsticks</b> Marinara Sauce Orange Glazed Carrots *G.F. Pizza	Week 2 <b>1) Italian Turkey Meatball Sub</b> Sweet Potato Puffs Seasoned Peas
<b>Week 2 Alternatives: 2) Hot Option - Toasty Cheese Sandwich 3) Nacho Fun Lunch - Tortilla Chips, Mild Salsa, Shredded Cheddar</b>				
Week 3 <b>Macaroni &amp; Cheese</b> Seasoned Corn Whole Grain Dinner Roll	Week 3 <b>1) Soft Beef Whole Grain Tacos</b> Lettuce, Tomato & Cheddar Boat Seasoned Corn, Mild Salsa	Week 3 <b>1) Roasted Turkey w/Gravy</b> Mashed Potatoes Seasoned Peas Whole Grain Dinner Roll Apple Crisp	Week 3 <b>1) Classic Cheese OR Pepperoni Pizza</b> Fresh Cinnamon Glazed Carrots *G.F. Pizza	Week 3 <b>Classic Italian Meat Sauce Whole Grain Rotini</b> Seasoned Broccoli Florets Whole Grain Herb Breadstick
<b>Week 3 Alternatives: 2) Hot Option - Cheeseburger on a Bun *3) Sandwich Fun Lunch - Sunbutter &amp; Jelly Sandwich, String Cheese, Carrot &amp; Celery Sticks</b>				
Week 4 <b>1) WG Pancakes</b> w/pancake syrup Turkey Sausage Link Scrambled Eggs Chilled Cinnamon Applesauce	Week 4 <b>1) Sweet n' Sour Chicken</b> Asian Brown Rice Seasoned Broccoli Florets Crunchy Asian Topping	Week 4 <b>1) Chicken Parmesan</b> Whole Grain Spaghetti Seasoned Mixed Vegetables	Week 4 <b>1) Cheese Stuffed Breadsticks</b> Marinara Sauce Roasted Carrot Fries *G.F. Pizza	Early Release Day No Lunch
<b>Week 4 Alternatives: 2) Hot Option - Turkey Hot Dog on a Roll 3) Cereal Fun Lunch - Whole Grain Cheerios, Goldfish Crackers, Yogurt, String Cheese</b>				
Week 1 <b>1) WG French Toast Sticks</b> w/pancake syrup Turkey Sausage Patties Hash Brown Patty	Week 1 <b>1) WG Chicken Nuggets</b> Sweet Mustard Dressing Mashed Potatoes Seasoned Peas Whole Grain Dinner Roll	Week 1 <b>1) Meatballs in Zesty Marinara Sauce</b> Whole Grain Spaghetti Roasted Green Beans Parmesan Cheese Whole Grain Breadstick	Week 1 <b>1) Classic Cheese OR Pepperoni Pizza</b> Seasoned Broccoli Florets *G.F. Pizza	Week 1 <b>1) Macaroni and Cheese</b> Steamed Baby Carrots Whole Grain Dinner Roll
<b>Week 1 Alternatives: 2) Hot Option - Crispy Chicken Patty Sandwich 3) Muffin Fun Lunch - Blueberry Muffin, Goldfish Crackers, Cheese &amp; Strawberry Yogurt</b>				
<b>Choose With Any Meal!</b>				
Choose with any Meal: Sweet Corn & Pepper Salad Citrus Bean Salad Assorted Fresh & Chilled Fruit	Choose with any Meal: Fresh Celery Sticks w/Sunbutter Confetti Cole Slaw Assorted Fresh & Chilled Fruit	Choose with any Meal: Broccoli Ranch Salad w/Carrots Fresh Cherry Tomatoes Assorted Fresh & Chilled Fruit	Choose with any Meal: Colorful Tossed Salad Sliced Cucumbers Assorted Fresh & Chilled Fruit	Choose with any Meal: Carrot Sticks w/Hummus Power Peas Assorted Fresh & Chilled Fruit
<b>Weekly Alternate Meals for the Month</b>				
<b>4) Chicken Ranch Wrap</b>	<b>4) Strawberry Parfait</b> with Homemade Granola & WG Dinner Roll	<b>4) Mixed Greens Salad with Cheese</b> & WG Dinner Roll	<b>4) Honey Mustard Turkey Ham &amp; Cheddar Wrap</b>	<b>4) Crispy Chicken Salad with Cheese</b> & WG Dinner Roll

\*Available as a gluten free lunch upon request. Gluten Free Garden Salad, Turkey Wrap, Sunbutter & Jelly Sandwich available daily.

QUESTIONS? Please call: 978-465-4460

**Food Focus of the Month, Red & Orange Vegetables & Fruits:** Mix and match your colors-eat a variety of colorful fruits and vegetables every week. The more color a vegetable has, the more vitamins and minerals it has.

**ELEMENTARY:** A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices are 1% white, skim chocolate and lactose-free skim.

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