



Bresnahan Elementary Lunch Menu April 2017



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

Pedal into Spring, April 3rd - 28th!
Each time you "leave lunch to us" and eat from the cafe your name will be entered to win a New Bicycle!

Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 3 1) Whole Grain Pancakes w/pancake syrup Pork Sausage Patties Home Fried Potatoes	4 1) Macaroni and Cheese Whole Grain Breadstick Seasoned Broccoli	5 1) Sweet n' Sour Chicken Lo Mein Noodles Sugar Snap Peas	6 Early Release Day No Lunch	7 1) Italian Meatball Sub Cinnamon Roasted Sweet Potatoes
Week 2 Alternatives: 2) Hot Option - Chicken Patty Sandwich 3) Fun Lunch - Nachos, Chunky Salsa, Cheddar Cheese				
Week 3 10 1) Breakfast Sandwich Egg Patty, Turkey Ham and Cheese on an English Muffin Tater Tots Orange Juice	11 1) Chicken Parmesan Whole Grain Penne Seasoned Green Beans Parmesan Cheese	12 1) Roasted Turkey w Gravy Mashed Potatoes Whole Grain Dinner Roll Sweet Peas Apple Cranberry Crisp	13 1) Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad *G.F. Pizza	14 Good Friday Observed No School
Week 3 Alternatives: 2) Hot Option - *Cheeseburger on a Bun 3) Fun Lunch - Bagel (2WG Mini Bagels, Yogurt and Sunbutter)				
17	18	19	20	21
Week 5 24 1) WG French Toast Sticks w/pancake syrup Turkey Sausage Patties Tater Tots	25 1) *Chicken and Cheese Quesadilla Mexicali Corn, Mild Salsa	26 1) Classic Italian Meat Sauce Whole Grain Rotini Seasoned Carrot Coins Parmesan Cheese Whole Grain Toasted Bun	27 1) Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad *G.F. Pizza	28 1) Barbequed Pork Riblet on a W.G. Bun Confetti Cole Slaw
Week 5 Alternatives: 2) Hot Options - Chicken Nuggets w/Breadstick 3) Fun Lunch - Baked Whole Grain Pretzel, Sunbutter & Cheese				
Choose With Any Meal!				
Choose with any Meal: Broccoli Salad with Raisins Celery Sticks w/Sunbutter Assorted Fresh & Chilled Fruit	Choose with any Meal: Citrus Chickpea Salad Lettuce & Tomato Side Salad Assorted Fresh & Chilled Fruit	Choose with any Meal: Broccoli Salad with Raisins Fresh Cherry Tomatoes Assorted Fresh & Chilled Fruit	Choose with any Meal: Sliced Cucumbers Lettuce & Tomato Side Salad Assorted Fresh & Chilled Fruit	Choose with any Meal: Carrot Sticks w/Hummus Power Peas Assorted Fresh & Chilled Fruit
Weekly Alternate Meals for the Month				
4) *Turkey & Cheese Pinwheels	4) *Ham & Turkey Chef Salad Whole Grain Dinner Rolls	4) Berry Yogurt Parfait with Homemade Granola	4) Turkey Ham & Cheese Sandwich	4) *Sunbutter & Grape Jelly Sandwich

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

QUESTIONS? Please call: 978-465-4460

Food Focus of the Month is Garden Vegetables:

All vegetables can be grown in the garden, but some are easier to grow than others. Garden vegetables that are fun to grow (and eat!) include string beans, leafy greens, tomatoes, squash (summer and winter squash), cucumbers, and potatoes (white and sweet).

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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