

Melrose Public Schools Franklin ECC Lunch Menu May 2009

Monday	Tuesday	Wednesday	Thursday	Friday
4  Pasta w/Meat Sauce, Green Beans Fresh Apple	5 Pizzeria Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit	6 Meatball Sub Potato Rounds Fruit Choice or Raisins	7  Chicken Patty* on a Bun, Tossed Salad, Fresh Orange Smiles	
<i>Weekly Alternates:</i>		<i>Cheese Sandwich or Tuna Sandwich w/Baby Carrots</i>		
11 Cheeseburger on a Bun Vegetable Pasta Salad Fresh Fruit & Vegetable Choice	12 Pizzeria Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit	13 Soft Pretzel w/Cheese Sauce Baby Carrots Fresh or Chilled Fruit	14 Nacho Grande Seasoned Nacho Meat*** With Cheese Sauce, Salsa Fruit Choice	15
<i>Weekly Alternates:</i>		<i>Cheese Sandwich or Tuna Sandwich w/Baby Carrots</i>		
18 Breakfast for Lunch French Toast Sticks and Syrup, Potato Rounds, Fresh Fruit and Fresh Vegetable Choice	19 ***Hot Dog on a Bun Potato Rounds Fresh or Chilled Fruit	20 Pizzeria Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit	21  Chicken Nuggets* Mashed Potatoes, Dinner Roll*, Fresh Orange Smiles	22
<i>Weekly Alternates:</i>		<i>Cheese Sandwich or Tuna Sandwich w/Baby Carrots</i>		
25 No School Memorial Day	26  Beefaroni Dinner Roll*, Kernel Corn, Chilled Peaches	27 Macaroni & Cheese Green Bean, Fresh Fruit & Vegetable Choice	28 Bosco Cheese Stick w/Dipping Sauce Baby Carrots Fruit Choice	29
<i>Weekly Alternates:</i>		<i>Cheese Sandwich or Tuna Sandwich w/Baby Carrots</i>		
 Chartwells Eat • Learn • Live	Why eat foods that are in season? There are a number of good reasons to eat more local, seasonal food: <ul style="list-style-type: none"> • To reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat • To avoid paying a premium for food that is scarcer or has traveled a long way • To support the local economy • Because seasonal food is fresher and so tends to be tastier and more 			
<i>Weekly Alternates:</i>				

All meals are served with a choice of milk (1% low fat or ½% chocolate) and fruit (fresh or chilled.)

Daily lunch prices: Student Paid: \$2.50 • Reduced: \$0.40 • Milk: \$0.60 Adult \$3.25

If you have any questions, please call the Director of Dining Services: Ken Dolce at 781-462-3219
Want more information? Visit our website at www.eatlearnlive.com to sign up for Chartwells' parent e-newsletter.

* whole wheat ** contains pork *** contains poultry