

Melrose Public Schools
Franklin ECC Lunch Menu
February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1  Chicken Nuggets  Mashed Potatoes, Whole Wheat Bread  Orange Smiles	2 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit	3 Grilled Cheese Sandwich Green Beans Fruit Choice	4 French Toast Sticks Sausage Patty** Potato Rounds Fruit Choice	5  Spaghetti, Meatballs, Dinner Roll, Tossed Salad, Chilled Pears
<i>Weekly Alternates:</i>		<i>Tuna Sandwich - Cheese Sandwich</i>		
8 Ham, Egg & Cheese on an English Muffin Potato Rounds Fruit Choice	9 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit	10 Macaroni & Cheese Vegetables Whole Wheat Bread  Fruit Choice	11 Popcorn Chicken Potato Rounds Seasoned Corn Chilled Fruit	12 Bagel Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit
<i>Weekly Alternates:</i>		<i>Tuna Sandwich - Cheese Sandwich</i>		
Winter Break				
<i>Weekly Alternates:</i>				
22 French Toast Sticks Sausage Patty** Potato Rounds Fruit Choice	23 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit	24  Chicken Nuggets  Mashed Potatoes, Whole Wheat Bread  Orange Smiles	25 Nacho Grande Corn Tortillas w/Seasoned Taco Meat, Cheese Sauce, Salsa Fruit Choice	26 Grilled Cheese Sandwich Vegetable Choice Fresh or Chilled Fruit
<i>Weekly Alternates:</i>		<i>Tuna Sandwich - Cheese Sandwich</i>		
 Chartwells Eat • Learn • Live	Save Money: Eat School Lunch On average it costs less to buy a school lunch than to bring a lunch from home. The estimated national average of a school lunch from home was \$3.43 last school year. Every school lunch provides a variety of meals including foods from the following five food groups: Milk – Fat free or 1% - flavored or regular Vegetables – From cole slaw to fresh carrot sticks Fruit – Everything from pears to locally grown apples; often fresh Grains – More whole grain items like rolls or sandwich bread Meat or meat alternate –White meat chicken, bean chili, lean beef			
<i>Weekly Alternates:</i>	School Lunch vs. Bagged Lunch \$2.50 vs. \$3.43 This would be a yearly savings of \$167.40			

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 781-979-2233

Want more information? Visit our website at www.eatlearnlive.com to sign up for Chartwells' parent e-newsletter.

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