

Melrose Public Schools
Franklin ECC Lunch Menu
March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1  Chicken Nuggets  Mashed Potatoes, Whole Wheat Bread  Chilled Pears	2 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit	3 Macaroni & Cheese Vegetables Whole Wheat Bread  Fruit Choice	4  Chicken Patty  on a Bun, <i>Tossed Salad</i> Orange Smiles	5 Soft Pretzel w/Cheese Sauce Fresh Baby Carrots Fresh or Chilled Fruit
<i>Weekly Alternates:</i>		<i>Tuna Sandwich - Cheese Sandwich</i>		
8  Spaghetti, Meatballs, Dinner Roll, Tossed Salad, Chilled Pears	9 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit	10 Early Release No Lunch Served	11 French Toast Sticks Sausage Patty** Potato Rounds Fruit Choice	12 Bagel Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit
<i>Weekly Alternates:</i>		<i>Tuna Sandwich - Cheese Sandwich</i>		
15  Chicken Patty  on a Bun, <i>Tossed Salad</i> Orange Smiles	16 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit	17 St Patrick's Day Toasted Ham & Cheese on Wheat Bread  Tossed Salad, Fruit Choice St Patrick's Cookie	18 National Nutrition Day Herb Beef Italiano w/Barilla Pasta Garden Salad with Homemade Herb Vinaigrette, Fruit Choice	19 Cheeseburger on a Bun  Seasoned Carrots Fruit Choice
<i>Weekly Alternates:</i>		<i>Tuna Sandwich - Cheese Sandwich</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  Chilled Pears	25 Nacho Grande Corn Tortillas w/Seasoned Taco Meat, Cheese Sauce, Salsa Fruit Choice	26 French Bread Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit
<i>Weekly Alternates:</i>		<i>Tuna Sandwich - Cheese Sandwich</i>		
29  Chicken Patty  on a Bun, Tossed Salad w/ Fresh Apple	30 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit	31  Spaghetti, Meatballs, Dinner Roll, Tossed Salad Chilled Pears	April Fools Day Popcorn Chicken Seasoned Corn, Baked Beans Chilled Strawberries Treat!!	 Chartwells Eat · Learn · Live
<i>Weekly Alternates:</i>		<i>Tuna Sandwich - Cheese Sandwich</i>		

All meals are served with a choice of milk (1% low fat or 1/2% 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**