

Melrose Public Schools Lincoln Elementary Lunch Menu February 2010





| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 1  Chicken Patty on a Bun, Tossed Salad w/ Fresh Orange | 2 Meatball Sub Potato Rounds Seasoned Corn Fruit Choice | 3 <u>Early Release</u> Grilled Cheese Sandwich Green Beans, Fresh Banana or Fruit Choice | 4 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit Extra Slice \$1.50 | 5  Hot Dog*** on a Bun, Potato Wedges Peas & Carrots, Applesauce |
| Weekly Alternates: | <i>Turkey & Cheese Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i> | | | |
| 8 BBQ Chicken Brown Rice Fresh Fruit & Vegetable Choice | 9  Chicken Nuggets Mashed Potatoes Whole Wheat Bread Chilled Pears | 10 Macaroni & Cheese Seasoned Carrots Dinner Roll Fruit Choice | 11 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit Extra Slice \$1.50 | 12 Corn Dog Baked Beans Fresh Fruit & Vegetable Choice |
| Weekly Alternates: | <i>Buffalo Chicken Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i> | | | |
| Winter Break | Now Available Daily at Lunch Dasani Bottled Water \$1.00 (must have a positive balance or cash to purchase water) | | | February's Super Fruit is Bananas |
| Weekly Alternates: | | | | |
| 22 Popcorn Chicken Mashed Potatoes With Gravy Seasoned Corn | 23 French Bread Pizza Tossed Salad Fresh Banana | 24  Chicken Nuggets Mashed Potatoes Whole Wheat Bread Chilled Pears | 25 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit Extra Slice \$1.50 | 26 BBQ Chicken Brown Rice Fresh Fruit & Vegetable Choice |
| Weekly Alternates: | <i>Ham & Cheese Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i> | | | |
|  Chartwells Eat·Learn·Live | Save Money: Eat School Lunch | | | |
| | <ul style="list-style-type: none"> <input type="checkbox"/> On average it costs less to buy a school lunch than to bring a lunch from home. <input type="checkbox"/> 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: <ul style="list-style-type: none"> <input type="checkbox"/> Milk – Fat free or 1% - flavored or regular <input type="checkbox"/> Vegetables – From cole slaw to fresh carrot sticks <input type="checkbox"/> Fruit – Everything from pears to locally grown apples; often fresh <input type="checkbox"/> Grains – More whole grain items like rolls or sandwich bread <input type="checkbox"/> Meat or meat alternate –White meat chicken, bean chili, lean beef <p style="text-align: center;">School Lunch vs. Bagged Lunch \$2.50 vs. \$3.43 This would be a yearly savings of \$167.40</p> | | | |

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  Look for "locally grown" produce