

Melrose Public Schools

Lincoln Elementary Lunch Menu

March 2010



Monday	Tuesday	Wednesday	Thursday	Friday
1  Chicken Patty on a Bun, Tossed Salad w/ Fresh Apple	2 Meatball Sub Potato Rounds Seasoned Corn Fruit Choice	3  Hot Dog*** on a Bun,  , Potato Wedges Peas & Carrots, Applesauce	4 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit Extra Slice \$1.50	5 Macaroni & Cheese Seasoned Carrots Dinner Roll  Fruit Choice
Weekly Alternates:	<i>Turkey & Cheese Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
8 National School Breakfast Week Breakfast for Lunch Pancakes w/Sausage*** Potato Rounds, Fruit Choice	9 <u>Early Release</u>  Chicken Nuggets  Mashed Potatoes Whole Wheat Bread  Chilled Pears	10 <u>Early Release</u> Grilled Cheese Sandwich Carrots, Fresh or Chilled Fruit Choice	11 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit Extra Slice \$1.50	12 French Bread Pizza Tossed Salad Fresh or Chilled Fruit
Weekly Alternates:	<i>Buffalo Chicken Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
15 BBQ Rib on a Bun** Green Beans Fresh Fruit & Vegetable Choice	16 Open Face Turkey w/Gravy Sandwich, Potato Rounds Fruit Choice	17 <u>St Patrick's Day</u> Toasted Ham & Cheese on Wheat Bread  Tossed Salad, Fruit Choice St Patrick's Cookie	18 Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit Extra Slice \$1.50	19 Mozzarella Stuffed Bread Stick w/Marinara Sauce Tossed Salad Fresh or Chilled Fruit
Weekly Alternates:	<i>Italian Sub - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
22 Breakfast for Lunch Pancakes w/Sausage*** Potato Rounds, Fruit Choice	23 National Nutrition Day Herb Beef Italiano w/Barilla Pasta Garden Salad with Homemade Herb Vinaigrette, Fruit Choice	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 Baked Fish Sticks Baked Beans, Seasoned Carrots , Dinner Roll, Chilled Peaches
Weekly Alternates:	<i>Ham & Cheese Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
29  Chicken Patty on a Bun, Tossed Salad w/ Fresh Apple	30  Hot Dog*** on a Bun  , Potato Wedges Peas & Carrots, Applesauce	31 Popcorn Chicken Seasoned Corn, Baked Beans, Fresh or Chilled Fruit Choice	April 1 April Fools Day Cheese Pizza Tossed Salad With Lite Dressing Fresh or Chilled Fruit Chilled Strawberries Treat!!	Now Available Daily at Lunch Dasani Bottled Water \$1.00 (must have a positive balance or cash to purchase water)
Weekly Alternates:	<i>Chef Salad - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</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  Look for "locally grown" produce