

**Melrose Public Schools
Lincoln Elementary Lunch Menu
September 2010**

There are a number of good reasons to eat more local, seasonal food:

- 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 nutritious



Monday	Tuesday	Wednesday	Thursday	Friday
	Aug 31 Chicken Nuggets  White Rice, Seasoned Corn Fresh Apple 	1 Meatball Sub Mashed Potatoes Green Beans Fruit Choice	2 Cheese Pizza Tossed Salad  With Lite Dressing Fresh or Chilled Fruit Extra Slice \$1.50	Why eat foods that are in season?  Local Grown
	<i>Turkey & Cheese sandwich - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
6 Labor Day Holiday	7  Turkey Hot Dog*** on Bun  Potato Rounds Peas & Carrots Fresh or Chilled Fruit	8 Chicken Patty  on a Bun, Tossed Salad  Fresh Apple	9 Cheese Pizza Tossed Salad  With Lite Dressing Fresh or Chilled Fruit Extra Slice \$1.50	10 Grilled Cheese Sandwich Green Beans Fresh Fruit & Vegetable Choice
Weekly Alternates:	<i>Buffalo Chicken Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
13 American Chop Suey*** Dinner Roll  , Seasoned Corn, Fruit Choice	14 Election Day French Bread Pizza Baby Carrots Box of Raisins Milk Choice	15  Chicken Nuggets  Seasoned Rice, Dinner Roll  , Fresh Apple	16 Cheese Pizza Tossed Salad  With Lite Dressing Fresh or Chilled Fruit Extra Slice \$1.50	17 Macaroni & Cheese Whole Wheat Dinner Roll  Fresh Fruit & Vegetable Choice
Weekly Alternates:	<i>Chicken Caesar Salad - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
20  Pasta w/Meat Sauce Tossed Salad Fresh Apple Low Fat Milk	21 Breakfast for Lunch Pancakes and Syrup Turkey Sausage*** Potato Rounds, Fresh Fruit Choice	22 Cheeseburger on a Bun  Baked Potato Rounds Chilled Peaches	23 Cheese Pizza Tossed Salad  With Lite Dressing Fresh or Chilled Fruit  FRESH FOOD TASTE TEST <i>Fresh Locally Grown Cucumber Rounds w/Lite Ranch Dip</i>	24  Chicken Nuggets  Seasoned Rice, Dinner Roll  , Fresh Apple
Weekly Alternates:	<i>Ham & Cheese Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
27 Grilled Cheese Sandwich Green Beans Fresh Fruit & Vegetable Choice	28  Chicken Patty  on a Bun, Tossed Salad w/  Fresh Local Tomatoes	29  Turkey Hot Dog*** on Bun  , Potato Rounds Peas & Carrots Fresh or Chilled Fruit	30 Cheese Pizza Tossed Salad  With Lite Dressing Fresh or Chilled Fruit Extra Slice \$1.50	Oct 1 Nacho Grande Corn Tortillas w/Seasoned Taco Meat, Cheese Sauce, Salsa
Weekly Alternates:	<i>Italian Sub - 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