







Melrose High School March 2010 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Super Sub*** Ham, Salami, Cheese Tomatoes, Pickles and Lettuce	2 Double Hot Dog on a Bun Potato Rounds Tossed Salad	3 Macaroni & Cheese Seasoned Carrots Dinner Roll 🍞	4 Chicken Parmesan Seasoned Pasta Garlic Bread Tossed Salad	5 Meatball Sub W/ Marinara Sauce, Potato Rounds Tossed Salad w/Low Fat Dressing
	8  Italian Pasta Bar Pasta with choice of Marinara, w/Meatballs or Alfredo Sauce Whole Wheat Roll 🍞	9  Balanced Choices Sweet & Sour Popcorn Chicken, White Rice, Broccoli, Orange Wedges	10 Grilled Cheese Sandwich with Tomato Soup Tossed Salad Fresh Fruit Choice	11 Breakfast for Lunch French Toast Sticks w/Syrup, Scrambled Eggs Hash Brown Potato	12 Mozzarella Stuffed Bread Stick Pasta w/Marinara Sauce Tossed Salad
	15 BBQ Rib Sandwich Seasoned Carrots Tossed Salad	16 Open Face Turkey w/Gravy Sandwich, Potato Rounds Fruit Choice	17 St Patrick's Day Grilled Ham & Cheese Sandwich Potato Rounds Tossed Salad	18 National Nutrition Day Herb Beef Italiano w/Barilla Pasta Garden Salad with Homemade Herb Vinaigrette, Fruit Choice	19 Macaroni & Cheese w/Whole Grain Roll 🍞 Fresh Carrots & Broccoli
	22 Breakfast for Lunch French Toast Sticks w/Syrup, Scrambled Eggs Hash Brown Potato	23  Balanced Choices Pasta with Italian Meatballs, Tossed Salad w/Lite Dressing, Chilled Peaches	24 Melrose Burger Double Cheeseburger with Lettuce & Tomatoes and Seasonings Garden Salad	25 Nacho Grande Corn Tortillas w/Seasoned Taco Meat, Cheese Sauce, Salsa	26 Grilled Cheese Sandwich with Tomato Soup Tossed Salad Fresh Fruit Choice
	29 Baja Griddle Italian Sausage Sub With Oven Roasted Peppers & Onions	30 Super Sub*** Ham, Salami, Cheese Tomatoes, Pickles and Lettuce	31  Italian Pasta Bar Pasta with choice of Marinara, w/Meatballs or Alfredo Sauce Whole Wheat Roll 🍞	April 1  Balanced Choices Sweet & Sour Popcorn Chicken, White Rice, Broccoli, Orange Wedges	 Chartwells Eat • Learn • Live

All meals at each station are served with bread, fruit (juice, fresh or canned) and choice of milk (low fat white or chocolate)

Student meal prices: Regular lunch: \$2.75 • Reduced lunch: \$0.40 • Teacher Lunch \$3.25 • Milk: \$0.60

* Menus subject to change • If you have any questions, please call: **Ken Dolce**, Director of Dining Services at (781-462-3219)

	Meal includes:	Vegetable and bread assortment contained within the meal or available separately ** Vegetarian option per request
	Daily offerings:	Homemade cheese and pepperoni pizza offered with tossed salad
THE FRESH GRILLE	Daily offerings:	Hamburger, Cheeseburger and Chicken patty on a bun offered with lettuce & tomato or tossed salad. Grill Specials offered daily.
	Daily offerings:	Assorted pre-packaged sandwich and salad combination meals
	Daily offerings:	This symbol represents " Balanced Choices ": These are "better for you" menu options which have been prepared to contain less dietary fat, cholesterol, and sodium.