

Melrose Middle School

June 2009





If you have any questions, please call: **Ken Dolce**, Director of Dining Services at (781-979-2233)

	Monday	Tuesday	Wednesday	Thursday	Friday
	1  Balanced Choices Pasta with Italian Meat Sauce Peas & Carrots, Garlic Bread, Fresh Apple	2 Beef & Cheese Burrito Fiesta Rice Seasoned Corn	3 American Chop Suey Dinner Roll Tossed Salad	4 Nacho Grande Seasoned Nacho Meat***, Cheese Sauce & Mild Salsa	5 Oven Fried Chicken Seasoned Rice Vegetables w/Dinner Roll
	8 Meatballs Marinara in a Sub Roll, Potato Rounds Tossed Salad w/Low Fat Dressing	9 Teriyaki Dippers*** White Rice, Carrot Coins	10 Melrose Burger Seasoned Steak Fries Tossed Salad	11 Double Grilled Cheese Sandwich Green Beans Fresh Fruit or Vegetable Choice	12 Macaroni & Cheese Green Beans Whole Grain Dinner Roll, Tossed Salad
	15 Beef & Cheese Grinder Spicy Fries Tossed Salad	16  Chicken Fajitas Soft Tortilla Fiesta Rice Seasoned Corn	17 BBQ Chicken, Steak Fries Dinner Roll, Corn, Fresh Apple	18 Nacho Grande Seasoned Nacho Meat***, Cheese Sauce & Mild Salsa	19  Balanced Choices Pasta with Italian Meat Sauce Peas & Carrots, Garlic Bread, Fresh Apple
	22 Last School Day Assorted Pizzas, Burgers, Chicken Sandwiches	Looking for a part-time job next year while the children are in school? Call Ken Dolce @781-462.3219 for more information.			
		All of us at Chartwells and the Melrose School Foodservice Program Thank You For Your Support. Have a Fun Safe Summer			 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 - * Whole Wheat - ** Contains Pork - *** Contains Poultry

	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.