

Melrose Middle School May 2009





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

	Monday	Tuesday	Wednesday	Thursday	Friday
	4  Balanced Choices Pasta with Italian Meat Sauce Peas & Carrots, Garlic Bread, Fresh Apple	5 CINCO de MAYO Beef & Cheese Burrito Fiesta Rice Seasoned Corn	6 Meatball Sub W/ Marinara Sauce, Potato Rounds Tossed Salad w/Low Fat Dressing	7 Sloppy Joe Sandwich Spicy Fries Tossed Salad	8 Oven Fried Chicken Seasoned Rice Vegetables w/Dinner Roll
	11  Chicken Caesar Salad Wrap Vegetable Pasta Salad Fresh Orange	12  Balanced Choices Chicken Parmesan, Seasoned Pasta, Mixed vegetables, Dinner Roll, Apple	13 BBQ Chicken, Steak Fries Dinner Roll, Corn, Fresh Apple	14 Nacho Grande Seasoned Nacho Meat***, Cheese Sauce & Mild Salsa	15 Corn Dog*** w/Macaroni & Cheese Green Beans
	18 Breakfast for Lunch Pancakes w/Syrup, Scrambled Eggs Home Fries	19 Seasoned Soft Shell Taco, Rice & Corn, with Choice of Lettuce, Tomato, Cheddar Cheese, Sour Cream	20 BBQ Rib Sandwich Potato Rounds Vegetables	21  Chicken Nuggets* Mashed Potatoes, Dinner Roll, Fresh Apple	22  Balanced Choices Pasta with Italian Meat Sauce Peas & Carrots, Garlic Bread, Fresh Apple
	25 No School Memorial Day	26 BBQ Rib Sandwich Wedge Fries Vegetables	27  Balanced Choices Chicken Parmesan, Seasoned Pasta, Mixed vegetables, Dinner Roll, Apple	28 Macaroni & Cheese Green Beans Whole Grain Dinner Roll, Tossed Salad	29  Chicken Caesar Salad Wrap Vegetable Pasta Salad Fresh Orange
	Why eat foods that are in season?	There are a number of good reasons to eat more local, seasonal food: <ul style="list-style-type: none"> 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 			

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.