






Melrose Middle School





March 2010 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Nuggets 🍗 Mashed Potatoes Green Beans	2 BBQ Rib Sandwich Potato Rounds Tossed Salad	3 Meatball Sub Tossed Salad Fresh Carrots & Broccoli	4 Chicken Parmesan Sandwich Tossed Salad Fresh Fruit Choice	5 Macaroni & Cheese Seasoned Carrots Dinner Roll 🍞
	8  Balanced Choices Chicken Fajitas Soft Tortilla, Fiesta Rice, Seasoned Corn Chilled Peaches	9  Balanced Choices Sweet & Sour Popcorn Chicken, White Rice, Broccoli, Orange Wedges	10 Breakfast for Lunch Ham, Egg & Cheese on an English Muffin Hash Brown Potato	11 Nacho Grande Corn Tortillas w/Seasoned Taco Meat, Cheese Sauce, Salsa	12 Grilled Cheese Sandwich with Tomato Soup Tossed Salad Fresh Fruit Choice
	15 BBQ Rib Sandwich Potato Rounds Tossed Salad	16 Teriyaki Chicken White Rice, Vegetables 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  Pasta w/Marinara Sauce Mozzarella Stuffed Bread Stick Peas, Chilled Peaches
	22 Chicken Patty Club with Lettuce & Tomatoes and Seasonings Tossed Salad	23 Breakfast for Lunch French Toast Sticks w/Syrup, Sausage Patty Hash Brown Potato	24  Balanced Choices Pasta with Italian Meatballs Peas & Carrots , Garlic Bread, Fresh Apple	25 Nacho Grande Corn Tortillas w/Seasoned Taco Meat, Cheese Sauce, Salsa	26 Baked Fish Sticks Baked Beans, Seasoned Carrots , Dinner Roll, Chilled Peaches
	29 Italian Sausage Sub w/Peppers & Onions Tossed Salad Fresh Fruit Choice	30 Breakfast for Lunch French Toast Sticks w/Syrup, Sausage Patty Hash Brown Potato	31  Balanced Choices Pasta with Italian Meatballs Peas & Carrots , Garlic Bread, Fresh Apple	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.