











Melrose Middle School June 2010 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Happy Memorial Day	1 BBQ Baked Chicken Baked Beans Seasoned Green Beans Toasted Herb Garlic Bread,	2  Balanced Choices Pasta with Italian Meatballs Peas & Carrots, Garlic Bread, Fresh Apple	3 Vegetarian Breakfast for Lunch Pancakes w/Syrup, Scrambled Eggs Hash Brown Potato	4 Chicken & Cheese Quesadilla Seasoned Rice Corn Garden Salsa
	7 Whole Grain Baked Breaded all- White Meat Chicken Nuggets 🍗, Mashed Potatoes, Carrot Coins, Chilled Pears	8 Vegetarian Macaroni & Cheese w/Whole Grain Roll 🍞 Green Beans	9 BBQ Rib Sandwich Potato Rounds Tossed Salad	10 Soft Shell Beef Taco w/Mexican Rice & Corn Garden Salsa	11 Italian Meatballs w/Sauce on a Sub Roll Garden Salad, Fresh Fruit Choice
	14  Balanced Choices Chicken Fajitas Soft Tortilla Fiesta Rice Seasoned Corn	15 Melrose Burger Double Cheeseburger with Lettuce & Tomatoes and Seasonings Garden Salad	16 Double Grilled Cheese Sandwich Green Beans Fresh Fruit or Vegetable Choice	17 Last School Day Assorted Pizzas, Burgers, Chicken Sandwiches	 Chartwells Eat • Learn • Live
<p>All of us at Chartwells and the Melrose School Foodservice Program Thank You For Your Support. Have a Fun Safe Summer</p>					

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.