






Melrose Middle School February 2010 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Nuggets 🍗 Mashed Potatoes Green Beans	2 Meatball Sub Tossed Salad Fresh Fruit Choice	3 Grilled Ham & Cheese Sandwich Potato Rounds Tossed Salad	4 Buffalo Chicken Sub Tossed Salad Fresh Banana	5  Balanced Choices Pasta with Italian Meatballs Peas & Carrots, Garlic Bread, Fresh Apple
	8 Italian Herb Chicken Potato Wedges Seasoned Corn	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 Fresh Banana	11 Macaroni & Cheese Green Beans Dinner Roll 🍞	12 American Chop Suey Garlic Bread Tossed Salad w/Light Dressing
	Winter Break				February's Super Fruit is Bananas
	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 Grilled Ham & Cheese Sandwich Potato Rounds Tossed Salad	25 Nacho Grande Corn Tortillas w/Seasoned Taco Meat, Cheese Sauce, Salsa	26  Balanced Choices BBQ Chicken Baked Beans, Vegetable Pasta Salad, Dinner Roll, Chilled Peaches
	<p align="center">Save Money: Eat School Lunch</p> <ul style="list-style-type: none"> <input type="checkbox"/> On average it costs less to buy a school lunch than to bring a lunch from home. <input type="checkbox"/> The estimated national average of a school lunch from home was \$3.43 last school year. <p>Every school lunch provides a variety of meals including foods from the following five food groups:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Milk – Fat free or 1% - flavored or regular <input type="checkbox"/> Vegetables – From cole slaw to fresh carrot sticks <input type="checkbox"/> Fruit – Everything from pears to locally grown apples; often fresh <input type="checkbox"/> Grains – More whole grain items like rolls or sandwich bread <input type="checkbox"/> Meat or meat alternate –White meat chicken, bean chili, lean beef <p>School Lunch vs. Bagged Lunch \$2.75 vs. \$3.43 This would be a yearly savings of \$122.40</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
	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.