

















Melrose Middle School January 2010 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	4 Grilled Cheese Sandwich with Tomato Soup	5 Popcorn Chicken Mashed Potatoes With Gravy Seasoned Corn	6  Balanced Choices Pasta with Italian Meatballs Peas & Carrots, Garlic Bread, Fresh Apple	7 BBQ Chicken Brown Rice, Vegetables Fruit Choice	8 Meatball Sub Potato Rounds Green Beans Fruit Choice
	11 Chicken Patty Club with Lettuce & Tomatoes and Seasonings Corn	12 BBQ Rib Sandwich Potato Rounds Tossed Salad	13 Breakfast for Lunch French Toast Sticks w/Syrup, Sausage Patty Hash Brown Potato	14 Chicken Parmesan Sandwich Tossed Salad Fruit Choice	15   Balanced Choices Cranberry Glazed Chicken White Rice, Glazed Carrots, Fresh Apple
	18 Martin Luther King Day	19 Election Day No School	20 Buffalo Chicken Sub Tossed Salad Fruit Choice	21  Balanced Choices Pasta with Italian Meatballs, Tossed Salad w/Lite Dressing, Chilled Peaches	22 Macaroni & Cheese Green Beans Dinner Roll 🍞
	25  Balanced Choices Sweet & Sour Popcorn Chicken, White Rice, Broccoli, Orange Wedges	26 Breakfast for Lunch French Toast Sticks w/Syrup, Sausage Patty Hash Brown Potato	27 Grilled Cheese Sandwich with Tomato Soup	28 Turkey Pot Pie Green Beans Tossed Salad Cranberry Sauce	29  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.