

Melrose Public Schools
Hoover, Horace Mann, Winthrop and Roosevelt Elementary Lunch Menu
February 2010

PLEASE NOTE: IF THE DAY LISTS CHEESE PIZZA AS YOUR SCHOOL'S CHOICE, THAT IS THE ONLY HOT ENTREE THAT WILL BE OFFERED THAT DAY.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Mashed Potatoes, Whole Wheat Bread Orange Smiles Hoover –Cheese Pizza Extra Slice \$1.50	2 French Bread Pizza Hot Dog*** on a Bun, Potato Wedges Peas & Carrots, Applesauce Winthrop –Cheese Pizza Extra Slice \$1.50	3 Early Release Grilled Cheese Sandwich Green Beans, Fresh Banana or Fruit Choice Roosevelt – Cheese Pizza	4 Breakfast for Lunch French Toast Sticks w/Sausage** Potato Rounds, Fruit Choice	5 Meatball Sub Soft Pretzel w/Cheese Tossed Salad Chilled Pears Horace Mann - Pizza Extra Slice \$1.50
<i>Yogurt & Cheese Fun Lunch - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>				
8 Ham, Egg & Cheese on an English Muffin BBQ Chicken Brown Rice, Vegetables Fruit Choice Hoover –Cheese Pizza	9 Chicken Nuggets Mashed Potatoes, Whole Wheat Bread Orange Smiles Winthrop – Cheese Pizza	10 Macaroni & Cheese Beef Burrito Seasoned Rice Tossed Salad Fruit Choice Roosevelt –Cheese Pizza	11 Popcorn Chicken Corn, Baked Beans, Fresh Banana or Fruit Choice	12 Valentine Bagel Pizza Hot Dog*** on a Bun, Potato Wedges Peas & Carrots, Applesauce Horace Mann - Pizza
<i>Weekly Alternates:</i>	<i>Buffalo Chicken Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
Winter Break	B est if stored at room temperature A banana tree is actually a giant herb N ever harvested when yellow, always when they are green A bunch of bananas is called a hand N ice source of potassium and fiber A convenient on the go snack with 110 calories			February's Super Fruit is Bananas
<i>Weekly Alternates:</i>	<i>Ham & Cheese Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
22 Breakfast for Lunch French Toast Sticks w/Sausage** Potato Rounds, Fruit Choice Hoover – Cheese Pizza	23 Corn Dog*** Spaghetti, Meat Sauce, Dinner Roll, Tossed Salad, Chilled Pears Winthrop - Cheese Pizza	24 Chicken Nuggets Mashed Potatoes, Whole Wheat Bread Orange Smiles Roosevelt – Cheese Pizza	25 Nacho Grande Corn Tortillas w/Seasoned Taco Meat, Cheese Sauce, Salsa Fresh Banana	26 Grilled Cheese Sandwich BBQ Chicken Brown Rice, Vegetables Fruit Choice Horace Mann - Pizza Extra Slice \$1.50
<i>Weekly Alternates:</i>	<i>Ham & Cheese Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
	<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 align="center">School Lunch vs. Bagged Lunch \$2.50 vs. \$3.43 This would be a yearly savings of \$167.40</p>			

All meals are served with a choice of milk (1% low fat or ½% chocolate) and fruit (fresh or chilled.)

Daily lunch prices: Student Paid: \$2.50 • Reduced: \$0.40 • Milk: \$0.60 Adult \$3.25

If you have any questions, please call the Director of Dining Services: Ken Dolce at 781-462-3219

Want more information? Visit our website at www.eatlearnlive.com to sign up for Chartwells' parent e-newsletter.

whole wheat ** contains pork *** contains poultry Look for "locally grown" produce.