

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

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





Monday	Tuesday	Wednesday	Thursday	Friday
4  Chicken Patty on a Bun, Tossed Salad Orange Smiles Hoover – Cheese Pizza Extra Slice \$1.50	5 Bagel Pizza  Hot Dog*** on a Bun, Potato Wedges Peas & Carrots, Applesauce Winthrop – Cheese Pizza Extra Slice \$1.50	6 Corn Dog***  Spaghetti, Meatballs, Tossed Salad, Chilled Pears Roosevelt – Cheese Pizza Extra Slice \$1.50	7 Grilled Cheese Sandwich BBQ Chicken Brown Rice, Vegetables Fruit Choice	8 Meatball Sub Soft Pretzel w/Cheese Tossed Salad Chilled Pears Horace Mann - Pizza Extra Slice \$1.50
<i>Turkey & Cheese Sandwich - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>				
11 Chicken Nuggets Mashed Potatoes American Chop Suey*** Carrots, Fruit Choice Hoover – Cheese Pizza Extra Slice \$1.50	12 Macaroni & Cheese American Chop Suey*** Carrots, Fruit Choice Winthrop – Cheese Pizza Extra Slice \$1.50	13 Chicken Patty on a Bun,  Hot Dog*** on a Bun, Potato Wedges Peas & Carrots, Applesauce Roosevelt – Cheese Pizza Extra Slice \$1.50	14 Breakfast for Lunch French Toast Sticks w/Sausage** Potato Rounds, Fruit Choice	15 Cranberry Chicken Beef Burrito Seasoned Rice Carrots Horace Mann - Pizza Extra Slice \$1.50
Weekly Alternates:	<i>Buffalo Chicken Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
18 Martin Luther King Day	19 Election Day No School	20 Grilled Cheese Sandwich Chicken Parm on a Bun Green Beans Fruit Choice Roosevelt – Cheese Pizza Extra Slice \$1.50	21 Popcorn Chicken Corn, Baked Beans, Fruit Choice	22 Corn Dog***  Spaghetti, Meatballs, Dinner Roll, Tossed Salad, Chilled Pears Horace Mann - Pizza Extra Slice \$1.50
Weekly Alternates:	<i>Chef Salad - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
25 Chicken Nuggets BBQ Rib Sandwich Seasoned Rice, Green Beans, Fruit Choice Hoover – Cheese Pizza Extra Slice \$1.50	26 Breakfast for Lunch French Toast Sticks w/Sausage** Potato Rounds, Fruit Choice Winthrop - Cheese Pizza	27 Macaroni & Cheese French Bread Pizza Vegetables Fruit Choice Roosevelt – Cheese Pizza Extra Slice \$1.50	28 Turkey Pot Pie  Meatballs w/Sauce Whole Grain Bun Oven Baked Fries Chilled Pineapple	29 Grilled Cheese Sandwich BBQ Chicken Brown Rice, Vegetables Fruit Choice Horace Mann - Pizza Extra Slice \$1.50
Weekly Alternates:	<i>Ham & Cheese Wrap - Peanut Butter and Jelly or Peanut Butter & Fluff Sandwich w/Baby Carrots</i>			
 Chartwells Eat • Learn • Live	<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.