

West Street Elementary Lunch Menu

September 2010

WELCOME BACK!	All fall we will be purchasing our fruits and vegetables from local farms in Massachusetts and Northern CT	1 Baked Crispy Popcorn Chicken <u>Locally Grown Apples</u> <u>Local Fresh Zucchini</u> <u>and Yellow Squash</u>	2 French Toast Sticks w/ Sausage Oven Baked Tater Tots Orange Juice <u>Locally Grown Apples</u>	3 Cheese or Pepperoni Pizza* Fresh Local Grown Carrot Sticks w/ LF Ranch Dip <u>Fresh Regionally</u> <u>Grown Peaches</u>
6 No School Labor Day	7 Balanced Choices Meal: Chicken Soft Tacos Lettuce & Tomatoes Cheese and Salsa White Rice Chilled Pears	8 Balanced Choices Meal: Hot Dog (Turkey) on a Bun w/ Oven Baked Potato Wedges <u>Locally Grown Apples</u>	9 Balanced Choices Meal: American Chop Suey (Macaroni and Meat Sauce) Tossed Salad w/ Fresh, Whole Wheat Roll, Orange Wedges	10 Cheese or Pepperoni Pizza* Fresh Carrot Sticks w/ Ranch Dip <u>Local Grown Apples</u>
13 Balanced Choices Meal: Chicken Patty Sandwich Baked Potato Puffs Chilled Peaches	14 No Lunch Curriculum Half Day	15 Baked Breaded Chicken Nuggets* Crispy Potato Rounds Seasoned Green Beans <u>Locally Grown Pears</u>	16 Scoop Your Own Tacos Beef Taco Meat Tostitos Scoops* Lettuce, Tomatoes, Cheese, and Salsa Seasoned Corn Watermelon, Milk	17 Cheese or Pepperoni Pizza* Tossed Salad w/ Fresh Spinach & Low Fat Dressing <u>Locally Grown Pears</u>
20 Balanced Choices Meal: Hot Dog (Turkey) on a Bun w/ Oven Baked Potato Wedges Orange Wedges	21 Chicken Teriyaki Dippers Steamed White Rice <u>Roasted Local</u> <u>Carrot Fries</u> Mandarin Oranges U.S President Cookies	22 Pancakes w/ Sausage Oven Baked Tater Tots Orange Juice <u>Locally Grown Apples</u>	23 Balanced Choices Meal: Chicken Soft Tacos Lettuce & Tomatoes Cheese and Salsa White Rice Chilled Pears	24 Cheese or Pepperoni Pizza* Fresh Carrot Sticks w/ Ranch Dip <u>Local Grown Apples</u>
27 Cheese/Hamburger on a Bun, <u>Local Grown</u> <u>Cucumber</u> Wheels w/ LF Ranch Dip <u>Local Oven Roasted</u> <u>Red Potatoes</u> <u>Locally Grown Pears</u>	28 Baked Popcorn Chicken Whole Wheat Bread Sticks <u>Roasted Local</u> <u>Carrot Fries, Local</u> <u>Grown Apples</u>	29 Balanced Choices Meal: American Chop Suey (Macaroni and Meat Sauce) Tossed Salad w/ Fresh Spinach & Low Fat Dressing <u>Locally Grown Pears</u>	30 Balanced Choices Meal: Chicken Patty on a Whole Wheat Bun U.S. Capital Cookies <u>Locally Grown Apples</u> <u>Local Fresh Zucchini</u> <u>and Yellow Squash</u> Sticks w/ LF Ranch	Celebrate Massachusetts Harvest for Students Week by enjoying our regionally purchased fruits and vegetables.
Mondays: Cereal Fun Lunch: Golden Grahams or Frosted Mini Wheat Cereal* wCrush Cup Yogurt, Fruit, 100% Fruit Juice, and Milk	Tuesdays: Cold Pizza Bagel Fun Lunch (Bagel, Pizza Sauce & Shredded Cheese or String Cheese), Fruit, and Milk	Wednesdays: Balanced Choices Meal: Junior Turkey & Cheese Sub w/ Graham Crackers, Fresh Fruit, Veggie Sticks	Thursdays: Cold Nachos Fun Lunch: Crispy Tortilla Shell Rounds* w/ Shredded Cheddar, Salsa, Fruit, and Milk	Fridays: Balanced Choices Meal: Bagel with Crush Cup Yogurt Fun Lunch Fruit, and Milk

Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate, and Low Fat Strawberry

If you have questions or comments please contact the School Food Service Office at 467-3688 or Andrew Stratton, Director of Dining Services at Andrew.stratton@compass-usa.com

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.



Go to MyPyramid.gov for online personal wellness resources for you and your family

