

All lunches come with fruit, juice, milk, and all you think you can eat veggie bar.

For nutritional information please visit our website  
<http://www.ewsd.org/lunch>

# APRIL 2019

ADL, EES, EMS, Fleming, FMS, Hiawatha, Westford, and Summit Street Schools

**Lunch Price: Student \$3.25 Adult \$4.00**

**Snack: Student \$0.85 Adult \$1.25**

**Beverages: Milk \$0.75 Juice \$0.75**

**This institution is an equal opportunity provider**

## Monday

### Pizza Day

Choice of Cheese or Pepperoni  
 With Tossed Caesar Salad  
 (Extra Slice Available for \$1.75)

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**Spring Break  
 No School**

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## Tuesday

### Crispy Chicken Tenders

Original or Buffalo Style  
 With Mashed Potatoes

### South of the Border Nacho Day

Ground Beef, Nacho Cheese Sauce,  
 Seasoned Black Beans, Guacamole,  
 Sour Cream, and Salsa

### Chicken & Waffles

Crispy Chicken and  
 Whole Grain Waffles  
 Westford Tucker Maple Sugarhouse  
 Syrup With Mashed Potatoes

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### Cheesy Baked Ziti

Whole Grain Ziti Baked with  
 Ground Beef and Marinara Sauce  
 Warm Maple Carrot Bread

## Wednesday

### Grilled Cheese or Ham & Cheese

Warm Tomato Soup

### French Toast Sticks

With Westford Tucker Maple  
 Sugarhouse Syrup,  
 Choice of Ham or Sausage  
 Crispy Hash Brown

### Quesadillas or Burritos

Chicken and Cheese or  
 Cheese Filled Tortilla Served  
 Warm and Crispy  
 With Brown Rice Pilaf

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## Thursday

### Meatball Sub

Or Vegetarian Falafel  
 Topped with Marinara and  
 Mozzarella Cheese  
 With Crispy Potato Wedges

### Rotini Alfredo

Chicken, Broccoli Spears, and  
 Alfredo Sauce  
 Over Whole Grain Rotini  
 With Tossed Caesar Salad

### Burger Day

Hamburger, Cheeseburger, or  
 Vermont Bean Crafters  
 Black Bean Burger  
 On a Whole Grain Roll  
 With Oven Fries

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## Friday

### Mac & Cheese

Made with a Blend of American  
 and Cheddar Cheese and  
 Vermont Milk  
 With Broccoli Spears

### Chicken Bites

Served Crisp and Tender  
 With Chicken Noodle Soup and  
 Asian Coleslaw

### Grilled Cheese or Ham & Cheese

Warm Tomato Soup

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### **Lunch Includes Four Daily Choices**

- 1.) **HOT ENTRÉE CHOICE**- Hot Selections listed above served with Healthy Side Choices
- 2.) **SANDWICH CHOICE**- Assorted Deli Sandwiches/Wraps
- 3.) **HEALTHY CHOICE ALTERNATIVES**- Yogurt Parfait, Low Fat Cottage or String Cheese, Hard Boiled Egg, and Whole Grain Bagel.
- 4.) **VEGGIE BAR**- Romaine Lettuce, Celery, Tomato, Chickpeas, Cucumbers, Baby Carrots and Whole Grain Pasta Salad.

### **AVAILABLE DAILY**

Vermont Fat Free Chocolate  
 or White Milk, 100% Fruit  
 Juices (Apple, Fruit Punch,  
 Orange), Water,  
 Fresh Seasonal Fruit, Raisins,  
 Dried Mixed Fruit

