

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>

# MARCH 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

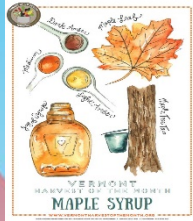
## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



### AVAILABLE DAILY

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

**1**  
**Winter Break**  
**No School**

### Pizza Day **4**

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

### Chicken & Waffles **5**

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

### Quesadillas or Burritos **6**

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

### Burger Day **7**

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

### Mac & Cheese **8**

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

### Pizza Day **11**

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

### Cheesy Baked Ziti **12**

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

### Breakfast for Lunch **13**

Whole Grain Pancakes with Westford  
 Tucker Maple Sugarhouse Syrup,  
 Choice of Ham or Sausage and  
 With Crispy Hash Brown

### Taco Salad Bowl **14**

Beef or Chicken  
 Lettuce, Onion, Tomato, Black  
 Beans, Corn, Cheddar, Guacamole,  
 Sour Cream and Salsa

### Grilled Cheese or Ham & Cheese **15**

Warm Tomato Soup

### Pizza Day **18**

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

### Crispy Chicken Sandwich **19**

With Vegetable Toppings and  
 Baked Tater Tots

### Whole Grain Rotini **20**

With Vegetarian Style  
 Marinara and Meatballs  
 With Caesar Salad

### Chicken & Waffles **21**

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

### Burger Day **22**

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

### Pizza Day **25**

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

### Baked Corn Dog **26**

With Baked Beans and  
 Creamy Coleslaw

### South of the Border Tacos **27**

Seasoned Taco Meat, Cheddar,  
 Guacamole, Sour Cream, and Salsa  
 Served on Hard or Soft Taco  
 Shells

### Spaghetti Day **28**

With Meat Sauce or  
 Vegetarian Style Marinara and  
 Whole Grain Breadstick  
 With Steamed Sweet Peas

### French Toast Sticks **29**

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

### 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.

