

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>

FEBRUARY 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

AVAILABLE DAILY

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

Friday

Burger Day

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

Pizza Day

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

Baked Corn Dog

With Baked Beans and Creamy Coleslaw

Grilled Cheese or Ham & Cheese

Warm Tomato Soup

Spaghetti Day

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

Crispy Chicken Sandwich

With Vegetable Toppings and Baked Waffle Fries

Pizza Day

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

Crispy Chicken Tenders

Original or Buffalo Style With Mashed Potatoes

South of the Border Tacos

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

Meatball Sub

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

Mac & Cheese

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

Pizza Day

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

South of the Border Nacho Day

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

Breakfast for Lunch

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

Rotini Alfredo

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

Chicken Bites

Served Crisp and Tender With Chicken Noodle Soup and Asian Coleslaw

Winter Break
No School

Winter Break
No School

Winter Break
No School

Winter Break
No School

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.

