

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>

DECEMBER 2018

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

3

Choice of Cheese or Pepperoni
With Glazed Carrots
(Extra Slice Available for \$1.75)

Pizza Day

10

Choice of Cheese or Pepperoni
With Broccoli Spears
(Extra Slice Available for \$1.75)

Pizza Day

17

Choice of Cheese or Pepperoni
With Steamed Corn
(Extra Slice Available for \$1.75)

No School

No School

Tuesday

Taco Salad Bowl

4

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

Crispy Chicken Sandwich

11

With Vegetable Toppings and Crispy Oven Fries

Baked Corn Dog

18

With Garden Salad and Baked Beans

No School

No School

Wednesday

French Toast Sticks

5

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

Whole Grain Rotini

12

With Vegetarian Style Marinara and Meatballs
With Greek Salad

Grilled Cheese or Ham & Cheese

19

Warm Tomato Soup
Farm Fresh Acorn Squash

No School

No School

Thursday

Cheesy Beef Goulash

6

Whole Grain Elbow Macaroni Baked With Onions, Sweet Bell Peppers, Ground Beef and Marinara Sauce
Farm Fresh Delicata Squash

Holiday Dinner

13

Homemade Turkey and Gravy, Mashed Potatoes, Cornbread Stuffing, Steamed Corn, Cranberry Sauce and Apple Crisp

Spaghetti Day

20

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

No School

No School

Friday

Sweet and Sour Chicken

7

Vegetable Fried Rice
With Vegetable Eggroll

Chicken Fajitas

14

Grilled Chicken, Sweet Bell Peppers, Onions, Cheddar, Guacamole, Sour Cream and Salsa
Served over Warm Tortillas
With Pepered Corn

Grilled Barbeque Chicken

21

With Mashed Potatoes and Sweet Corn

No School

No School

31

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.

AVAILABLE DAILY

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



@EWSDFTCNP