

# December 2017 CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS



**School Information:** : : Lunch Price: \$2.75

**Menu Subject to change**

"USDA is an equal opportunity provider and employer"



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

*Earn extra money part-time. Work as a substitute in our School Lunch Department*  
[www.schoolspring.com](http://www.schoolspring.com)

Wednesday



Thursday

**ALTERNATE LUNCHES**  
Week 1: Tuna & Cheese Sandwich  
Week 2: Grilled Cheese  
Week 3: Turkey Sandwich  
Week 4: Grilled Cheese

Friday

Stuffed Crust Pizza  
Three Bean Salad  
Farm Fresh Fruit

1

Chicken Rice Soup  
Turkey & Cheese Wrap  
Cape Cod Chips  
Cucumber Spears  
Farm Fresh Fruit

4

General Tso's Oriental Chicken  
Seasoned Rice  
Peppers & Onions  
Blueberries in a Cloud

5

Ziti w/Meat Sauce  
Garlic Bread  
Seasoned Green Beans  
Farm Fresh Fruit

6

Sloppy Joe on a WW Roll  
Oven Baked Fries  
Seasoned Carrots  
Cup of Fruit

7

Mozzarella Sticks w/ Marinara  
Seasoned Noodles  
Sweet Peas  
Farm Fresh Fruit

8

Chicken Nuggets w/Dip  
Potato Wedges  
Peppers & Onions  
Farm Fresh Fruit

11

Tomato Noodle Soup  
Grilled Cheese  
Goldfish Crackers  
Seasoned Green Beans  
Fruit Cup

12

Roast Pork w/Gravy  
Farm Fresh Mashed Potatoes  
WW Dinner Roll  
Sweet Corn  
Farm Fresh Fruit

13

Breakfast for Lunch  
French Toast Sticks w/Syrup  
Sausage  
Sweet Potatoes  
Strawberries in a Cloud

14

Cheese or Pepperoni Piz  
Three Bean Salad  
Farm Fresh Fruit

15

Turkey Rice Soup  
Cold Cut Grinder w/Cheese  
Cape Cod Chips  
Seasoned Green Beans  
Farm Fresh Fruit

18

Chicken & Cheese Quesadilla, Salsa & Sour Cream  
Seasoned Rice  
Steamed Broccoli  
Cup of Fruit w/Topping

19

Lasagna w/Meat Sauce  
Garlic Bread  
Caesar Salad w/Dressing  
Farm Fresh Fruit

20

Manager's Choice

21

**Christmas Break  
No School**

22



25

26

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**Have a wonderful holiday!**