

August 2018

CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS

LUNCH

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

*Earn extra money part-time.
Work as a substitute
in our School Lunch
Department*
www.schoolspring.com

Tuesday

ALTERNATE LUNCHES
Grilled Cheese

Wednesday

Thursday

Friday

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29

Chicken & Cheese
Quesadilla w/ Salsa & Sour
Cream, Seasoned Rice
Sweet Peas
Farm Fresh Fruit

30

Spaghetti w/Meatballs
Garlic Bread
Garden Salad w/Dressing
Assorted Fruit

31

French Bread Pizza
Seasoned Peppers and Onions
Cranberry Crisp w/Topping