

January 2018 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

1

New Year's Day
No School

Tuesday

2

Chicken Nuggets w/
BBQ Sauce
Oven Baked Fries
Dinner Roll, Sweet Peas
Chilled Pears

Wednesday

3

Chicken Parmesan
w/Spaghetti
Seasoned Green Beans
Garlic Bread
Farm Fresh Fruit

Thursday

4

Pulled Pork on a WW Roll
Seasoned Rice
Peppers & Onions
Strawberry Cup

Friday

5

Stuffed Crust Pizza
Spinach Salad w/Dressing
Apple Crisp w/Topping

Hamburger on a WW Roll 8

Oven Baked Fries
Sweet Corn
Farm Fresh Fruit

Taco Tuesday 9

Hard or Soft Shell w/Lettuce,
Tomato, Salsa & Sour Cream,
Seasoned Rice, Mixed Veggies,
Assorted Fruit

Shepherd's Pie w/ 10

Hamburg, Potatoes, Corn
& Gravy
Dinner Roll
Farm Fresh Fruit

11

Fish Sticks w/Tarter Sauce
Potato Wedges
Cole Slaw
Blueberries w/Topping

12

Hillside Pizza
Three Bean Salad
Farm Fresh Fruit

15

Martin Luther King Day
No School

Baked Macaroni & Chee. 16

WW Dinner Roll
Sweet Peas
Strawberry Cup

17

Meatball Grinder w/
Marinara Sauce & Cheese
Oven Baked Fries
Steamed Carrots
Farm Fresh Fruit

18

Roasted Turkey & Gravy
Mashed Potatoes
WW Dinner Roll
Sweet Corn
Cup of Fruit

19

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

Vegetable Noodle Soup 22

Turkey & Cheese Wrap
Macaroni Salad
Carrot Sticks w/Dip
Farm Fresh Fruit

Oven Roasted Chicken 23

Seasoned Rice
WW Breadstick
Steamed Broccoli
Craisins

24

Chicken Scampi w/
Spaghetti
Seasoned Green Beans
Garlic Bread
Farm Fresh Fruit

25

Breakfast for Lunch
French Toast Sticks w/Syrup
Sausage Patties
Home Fries
Applesauce w/Cinnamon

26

Cheese or Pepperoni Pizza
Garden Salad w/Dressing
Cranberry Crisp w/Topping

29

Teriyaki Chicken Wrap
Seasoned Rice
Broccoli
Farm Fresh Fruit

Tomato Noodle Soup 30

Grilled Cheese Sandwich
Cape Cod Chips
Sweet Peas
Applesauce

31

Chicken & Gravy
Oven Roasted Potatoes
WW Dinner Roll
Seasoned Carrots
Farm Fresh Fruit

ALTERNATE LUNCHES

Week 1: Turkey & Cheese Wrap
Week 2: Grilled Cheese
Week 3: Buffalo Chicken Wrap
Week 4: Grilled Cheese
Week 5: Hamburger

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

www.schoolspring.com

