

September 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

Labor Day
No School

3

Tuesday

Hot Dog on a WW Bun
Oven Baked Fries
Baked Beans
Assorted Fruit

4

Wednesday

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

5

Thursday

Chicken Patty on a
WW Roll
Oven Baked Fries
Seasoned Carrots
Chilled Fruit

6

Friday

Mozzarella Sticks
w/Marinara Sauce
Potato Puffs
Cucumber Coins w/Dip
Farm Fresh Fruit

7

Tuna & Cheese Grinder **10**
w/Lettuce & Tomato
Cape Cod Chips
Seasoned Carrots
Farm Fresh Fruit

Taco on a Hard or Soft **11**
Shell w/Lettuce, Tomato,
Sour Cream, Salsa & Cheese
Seasoned Rice, Refried Beans
Chilled Fruit

Shepherd's Pie **12**
w/Hamburg, Potatoes,
Corn & Gravy
WW Dinner Roll
Farm Fresh Fruit

Baked Potato Bar w/all **13**
The Fixins, Chili, Cheese,
Bacon Bits & Steamed Broccoli
WW Dinner Roll
Chilled Fruit

Stuffed Crust Pizza **14**
Three Bean Salad
Farm Fresh Fruit

Chicken Nuggets **17**
Creamy Mashed Potatoes
Vegetarian Beans
Farm Fresh Fruit

Tomato Noodle Soup **18**
Grilled Cheese Sandwich
Cape Cod Chips
Cucumber Coins w/Dip
Chilled Fruit

American Chop Suey **19**
Garlic Bread
Peas & Carrots
Farm Fresh Fruit

General TSO's Chicken **20**
w/Seasoned Rice
California Blend Veggies
Chilled Fruit

Pizza Stick w/Marinara **21**
Sauce
Garden Salad w/Dressing
Farm Fresh Fruit

Hamburger or **24**
Cheeseburger on a WW Bun
Oven Baked Fries
Seasoned Peas
Farm Fresh Fruit

Nacho Tacos-Tortilla **25**
Chips w/Taco Meat, Cheese,
Lettuce, Tomato & Salsa
Sweet Corn
Chilled Fruit

Baked Macaroni & Cheese **26**
WW Dinner Roll
Seasoned Carrots
Farm Fresh Fruit

Chicken Bowl w/Popcorn **27**
Chicken, Mashed Potatoes,
Corn & Gravy
Chilled Fruit

Flatbread Pizza **28**
Choice of: Cheese, Pepperoni
Or Buffalo Chicken Pizza
Side Salad w/Dressing
Apple Crisp w/Topping

ALTERNATE LUNCHES

Week 1: Ham & Cheese
Week 2: Teriyaki Chicken Wrap
Week 3: Turkey & Cheese
Week 4: Grilled Cheese

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

