

December 2016

McCarthy & Parker Middle Schools



All Chelmsford School Lunches are served with a variety of fruits and vegetables and choice of skim (white or flavored) or 1%



Daily alternates: Entrée Salad or Deluxe Chicken Sandwich
Student lunch prices: Elementary \$2.65 Middle & High School \$ 3.10
Healthy snack prices: Snacks \$.50 – 1.25 Water \$1.00
 *Menus are subject to change without notice



Monday



Tuesday

USDA is an equal opportunity provider and employer.

Wednesday



Thursday

Friday

Crispy Chicken Deluxe **WG** Roll **5**
 Baked Crinkle Fries
 Steamed Carrots
 Fresh Apple
 Juice

Mini Ravioli **WG** **6**
 Mozzarella Bread Stick
 with Marinara Dipping Cup
 Romaine Salad with Dressing
 Carrot Sticks
 Pineapple Chunks

French Toast Sticks **WG** **7**
 Syrup Cup / Scrambled Eggs
 Blueberry Cup
 Carrot & Celery Sticks
 Juice

Deluxe Hamburger **1**
 on a **WG** Roll
 Black Bean Salad
 Mixed Fruit

Beef or Chicken Nachos **8**
RF Cheese
 Fiesta Corn / Black Bean Salad
 Applesauce

Gill's Homemade Pizza **WG** **2**
 or
 Fruit & Yogurt Parfait Lunch **V**
 Green Beans
 Carrot Sticks
 Mixed Fruit

No School **9**
Half Day

Macaroni & Cheese **12**
 Broccoli
 Green Beans
 Strawberry Cup
 Juice

Popcorn Chicken Bowl **13**
 Mashed Potato
 Gravy & Corn Niblets
WG Roll
 Apple
 Gingerbread Cookie

Steak and Cheese Sub **14**
 Steamed Carrots /
 Green Beans
 Applesauce
 Juice

BBQ Pulled Pork Sandwich **15**
WG Roll
 Baked Potato Wedges/ Baked
 Beans
 Fresh Apple

Gill's Homemade Pizza **WG** **16**
 or
 Fruit & Yogurt Parfait Lunch **V**
 Green Beans / Steamed Carrots
 Mixed Fruit

Chicken Pasta Alfredo **19**
WG Roll
 Steamed Broccoli
 Carrot Sticks
 Mixed Fruit
 Juice

French Toast Sticks **WG** **20**
 Syrup Cup / Scrambled Eggs
 Blueberry Cup
 Carrot & Celery Sticks

Deluxe Hamburger **21**
 on a **WG** Roll
 Baked Potato Wedges
 Kernel Corn
 Sliced Peaches
 Juice

Beef or Chicken Nachos **22**
RF Cheese
 Fiesta Corn / Black Bean Salad
 Applesauce

Gill's Homemade Pizza **WG** **23**
 or
 Fruit & Yogurt Parfait Lunch **V**
 Kernel Corn
 Green Beans
 Blueberry Cup

No School **26**
Vacation

No School **27**
Vacation

No School **28**
Vacation

No School **29**
Vacation

No School **30**
Vacation