January 2017 CHELMSFORD ELEMENTARY SCHOOLS LUNCH

Chelmsford School Nutrition 978-251-5111
WG – Whole Grain ***V*** – Vegetarian
Elementary Lunch: $2.65 Milk $.75
Middle and High School Lunch: $3.10
Better for You Snacks $.25 - .75
Menus are subject to change without notice.

Daily Alternates: Breakfast for Lunch (WG/RS Trix Cereal, Cinnamon Grahams, Juice Pouch, Low Fat Cheese Stick and Choice of Milk)
Offered Daily with Lunch: Fresh Fruit and Veggies, Choice of Milk (Low Fat, Skim & Low Fat Chocolate)
If Substitutions are necessary—Cheese Panini Lunch will be served.
USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHELMSFORD school nutrtion	3 CHICKEN TENDERS W/ POTATO WEDGES Pineapple Tidbits Diced Carrots BBQ Sauce & Ketchup	4 CHEESEBURGER & Hamburger Bun Mixed Vegetables Diced Peaches Mustard & Ketchup	5 POPCORN CHICKEN Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup, BBQ Sauce	6 CHEESE PIZZA V Romaine Lettuce Light Ranch Dressing Sliced Apples
9 CHICKEN NUGGETS W Potato Rounds Whole Kernel Corn Orange Juice BBQ Sauce & Ketchup	10 EARLY RELEASE DAY NO LUNCH SERVED	11 POWER PACK LUNCH! Soft Pretzel V Vanilla Yogurt Honey Mustard Dipping Cup Baby Carrots Fresh Fruit Basket	12 MINI CORN DOGS & CHICKEN FUN MIX w/ POTATOES SunSet Sip Juice Pineapple Tidbits BBQ Sauce & Ketchup	13 CHEESE PIZZA V Broccoli Florets Light Ranch Dressing Fresh Fruit Basket
16 Martin Luther King D No School	17 CHICKEN DIPPERS W/ TOMATO PARMESAN SAUCE Green Beans Grape Juice	18 HOT DOG W/ POTATO ROUNDS, Bun Maple Baked Beans Peach Cup Mustard & Ketchup	19 TACO SCOOPS Romaine Lettuce Salsa Cup Light Ranch Dressing Sliced Apples Tortilla Chips	20 PIZZA DIPPERS V Marinara Dipping Sauce Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup Chocolate Cookie
23 CHICKEN TENDERS W/ POTATO WEDGES Pineapple Tidbits Diced Carrots BBQ Sauce & Ketchup	24 CHEESEBURGER & Hamburger Bun Mixed Vegetables Diced Peaches Mustard & Ketchup	25 POPCORN CHICKEN Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Mixed Fruit Cup, BBQ Sauce	26 PANCAKES V Fresh Baby Carrots Vanilla Yogurt Syrup Cup Fresh Fruit Basket	27 CHEESE PIZZA V Romaine Lettuce Light Ranch Dressing Sliced Apples
30 CHICKEN NUGGETS W/ Potato Rounds Whole Kernel Corn Orange Juice BBQ Sauce & Ketchup	31 MEATBALL SUB WG Hot Dog Roll Green Beans Cinnamon Applesauce			