



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



CHICKEN TENDERS W/ POTATO WEDGES 5
Pineapple Tidbits
Diced Carrots
BBQ Sauce & Ketchup

CHICKEN NUGGETS W/ 12
Potato Rounds
Whole Kernel Corn
Orange Juice
BBQ Sauce & Ketchup

CHICKEN DIPPERS W/ TOMATO PARMESAN SAUCE 19
Green Beans
Grape Juice



26

Tuesday

CHEESEBURGER & Hamburger Bun 6
Mixed Vegetables
Diced Peaches
Mustard & Ketchup

Pancakes V 13
Fresh Baby Carrots
Vanilla Yogurt
Syrup Cup
Fresh Fruit Basket

CRISPY CHICKEN FILL 20 &
Hamburg Bun
Whole Kernel Corn
Diced Pears
BBQ Sauce

HOLIDAY

27

Wednesday



POPCORN CHICKEN 7
Maple Baked Beans
Fresh Baby Carrots
Light Ranch Dressing
Mixed Fruit Cup, BBQ Sauce

4 CHEESE PANINI V 14
Maple Baked Beans
Fresh Baby Carrots
Light Ranch Dressing
Fresh Fruit Basket

HOT DOG W/ POTATO ROUNDS, Bun 21
Maple Baked Beans
Peach Cup
Mustard & Ketchup



28

Thursday

HOT DOG W/ POTATO ROUNDS 1
WG Hot Dog Bun
Maple Baked Beans
Mixed Fruit Cup
Mustard & Ketchup

CHEESE PIZZA V 8
Romaine Lettuce
Light Ranch Dressing
Sliced Apples

MINI CORN DOGS & CHICKEN FUN MIX w/ POTATOES 15
SunSet Sip Juice
Pineapple Tidbits
BBQ Sauce & Ketchup

TACO SCOOPS 22
Romaine Lettuce
Salsa Cup
Light Ranch Dressing
Sliced Apples
Tortilla Chips

BREAK

29

Friday

PIZZA DIPPERS V 2
Marinara Dipping Sauce
Romaine Lettuce
Light Italian Dressing
Fresh Fruit Basket

EARLY RELEASE DAY 9
NO LUNCH SERVED

CHEESE PIZZA V 16
Broccoli Florets
Light Ranch Dressing
Fresh Fruit Basket

PIZZA DIPPERS V 23
Marinara Dipping Sauce
Fresh Baby Carrots
Light Ranch Dressing
Mixed Fruit Cup
Chocolate Cookie



30