

**Ashburnham-Westminster Regional School District
Elementary Lunch Menu
March 1, 2009 – March 31, 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2	3 	4	5
Baked White Meat Chicken Nuggets Sliced Whole Wheat Bread Fluffy Mashed Potatoes Fresh Crunchy Apple	<i>Dr. Seuss Day</i> Green Eggs & Ham English Muffin Potato Rounds Chilled Peaches	Spaghetti w/ Meat Sauce Dinner Roll Crisp Green Salad Chilled Pineapple	Cheese Burger on a Bun Oven Baked French Fries Chilled Pears	Homemade Pepperoni or Cheese Pizza Fresh Baby Carrots w/ reduced fat ranch dip Seedless Sweet Chewy Raisins
8	9 	10	11	12
Pizza Dippers Pasta w/Marinara Sauce Shredded Mozzarella Seasoned Green Beans Chilled Peaches	Chicken Pattie on a Bun Crisp Green Salad w/ Romaine Iceberg Blend & Light Dressing Cookie Sale\$.75	<i>Noon Dismissal</i>	<i>Noon Dismissal</i>	Homemade Pepperoni or Cheese Pizza Crisp Green Salad w/ Romaine Iceberg Blend & Light Dressing Chilled Mixed Fruit Cup
15	16 	17	18 	19
Baked White Meat Chicken Nuggets BBQ dipping sauce Enriched Elbow Macaroni in Cheese Sauce Seasoned Carrots Chilled Mixed Fruit Cup	Philly Steak & Cheese Sub Potato Wedges Fresh Crunchy Apple	Macaroni & Cheese Whole Grain Dinner Roll Seasoned Sweet Peas RIPS 100% Juice A Frozen Treat	Classic Chicken Paprika Fluffy White Rice Garlic Herb & Lemon Seasoned Green Beans Cheese Herb Biscuits Spiced Warm Apples	Homemade Pepperoni or Cheese Pizza Seasoned Carrots Seedless Sweet Chewy Raisins
22	23	24 	25 	26
French Toast Sticks Cheesy Scrambled Eggs Oven Baked Potato Rounds Fresh Orange Smiles	Grilled Cheese Sandwich with Tomato Macaroni Soup Seasoned Green Beans Chilled Peas	Spaghetti with Italian Meat Sauce Crisp Green Salad w/ Romaine Iceberg Blend & Light Dressing Dinner Roll Chilled Peaches Cookie Sale\$.75	Creamy Turkey with Broccoli Herb Breadstick Garlic Herb & Lemon Seasoned Carrots Spiced Blueberry Apple Cobbler	Homemade Pepperoni or Cheese Pizza Fresh Cucumber Coins w/ reduced fat ranch dip Fresh Crunchy Apple
29	30 	31 		Substitutes Needed The Food Service Department is looking for motivated individuals for Food Service Substitute Work Call Dennis Mueller @ 978-827-5907 X2167
Popcorn Chicken Sweet & Sour Sauce White Rice Sweet Peas Chilled Pineapple	Hamburger on a Bun Crisp Green Salad w/ Romaine Iceberg Blend & Light Dressing Seasoned Corn Orange Smiles	Oven Baked Barbecued Chicken Whole Grain Dinner Roll Seasoned Carrots Creamy Cole Slaw Chilled Applesauce		

Alternate Entrees (offered w/ choice of chilled fruit, fresh fruit or 100% Fruit Juice and milk)

Daily: Ham & Cheese Sub, Fresh Baby Carrots

Mondays:  Junior Turkey & Cheese Sub w/ Graham Crackers, Fresh Cut Oranges & 100% Fruit Juice & Milk

Tuesdays: Pizza Bagel Fun Lunch: Mini Bagels, Shredded Mozzarella & Pizza Sauce

Wednesdays: Yogurt Fun Lunch: Yogurt, Cheese Crackers & Fresh Baby Carrots

Thursdays: Cereal Fun Lunch: Cereal Bowl, Graham Crackers, Hard Boiled Egg & 100% Fruit Juice

Fridays: Yogurt Fun Lunch: Yogurt, Cheese Crackers & Fresh Baby Carrots



Balanced Choice Meals meet specific nutritional parameters when all items are chosen



Whole Grain

Pricing:	Student Lunch.....	\$2.50
	Reduced.....	\$.40
	Milk.....	\$.50

For Menu Questions or Comments? Please contact Dennis Mueller at (978) 827-5907 ext. 2167

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