














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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Buttermilk Pancakes Scrambled Eggs Oven Baked Potato Rounds Sliced Strawberries w/ Whipped Topping	2 Mozzarella Sticks Pasta w/Marinara Sauce Seasoned Green Beans Chilled Peaches	3 Cheeseburgers on a Bun Oven Baked French Fries Fresh Orange Smiles Cookie Sale \$.75	4 Homemade Pepperoni or Cheese Pizza Fresh Baby Carrots w/ reduced fat ranch dip Seedless Sweet Chewy Raisins
7 Baked White Meat Chicken Nuggets BBQ dipping sauce Enriched Elbow Macaroni in Cheese Sauce Seasoned Carrots Fresh Orange Smiles	8 <i>Noon Dismissal</i>	9 Barilla Plus Macaroni & Cheese  Whole Grain Dinner Roll Seasoned Sweet Peas Chilled Pears	10  Roast Turkey Home style Gravy Fluffy Mashed Potatoes Buttermilk Biscuit Homemade Fruit Crisp December Fresh Food Taste Test: Broccoli	11 Homemade Pepperoni or Cheese Pizza Seasoned Green Beans  Fresh Local Crunchy Apple
14 French Toast Sticks Turkey Sausage Oven Baked Potato Rounds Sliced Strawberries w/ Whipped Topping	15  Chicken Pattie on a Bun Crisp Green Salad w/ Romaine Iceberg Blend & Light Dressing Petite Banana	16 Pasta with Italian Meat Sauce Seasoned Green Beans Garlic Bread Chilled Pineapples	17  Baked White Meat Chicken Nuggets  Sliced Whole Wheat Bread Fluffy Mashed Potatoes  Fresh Local Crunchy Apple	18 Homemade Pepperoni or Cheese Pizza Crisp Green Salad w/ Romaine Iceberg Blend & Light Dressing Chilled Mixed Fruit Cup
21 Grilled Cheese Sandwich With Chicken Noodle Soup Fresh Baby Cut Carrots w/ ranch dip Chilled Peaches	22  Oven Baked Barbecued Chicken  Whole Grain Dinner Roll Seasoned Carrots Creamy Cole Slaw Chilled Applesauce	23 Italian Meatball Sub Seasoned Mixed Vegetables Chilled Fruit Cup Holiday Cookie Sale \$.50	24 <i>No School Christmas Vacation</i>	25 <i>No School Christmas Vacation</i>
28 <i>No School Christmas Vacation</i>	29 <i>No School Christmas Vacation</i>	30 <i>No School Christmas Vacation</i>	31 <i>No School Christmas Vacation</i>	 Locally Grown Apples From Sholan Farms

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

Daily: Triple Decker Sun Butter & Jelly Sandwich, Fresh Baby Carrots
 Mondays: Yogurt Fun Lunch: Yogurt, Cheese Crackers & Fresh Baby Carrots
 Tuesdays: Pizza Bagel Fun Lunch: Mini Bagels, Shredded Mozzarella & Pizza Sauce
 Wednesdays:  Junior Turkey & Cheese Sub w/ Graham Crackers, Fresh Cut Oranges & 100% Fruit Juice & Milk
 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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