






**Ashburnham-Westminster Regional School District
Elementary Lunch Menu
November 2, 2009 – November 30, 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2  Baked White Meat Chicken Nuggets w/ whole grain breading and sweet & sour dipping sauce</p> <p> Sliced Whole Wheat Bread Fluffy Mashed Potatoes</p> <p> Fresh Local Crunchy Apple</p>	<p>3</p> <p>No School Professional Development</p>	<p>4</p> <p>Waffles with Turkey Sausage Oven Baked Potato Rounds Sliced Strawberries</p>	<p>5</p> <p>Turkey Hot Dogs New England Baked Beans Blueberry Crisp</p>	<p>6  Pepperoni or Cheese Pizza on whole grain crust Fresh Baby Carrots w/ reduced fat ranch dip Seedless Sweet Chewy Raisins</p>
<p>6  Pizza Dippers with Whole Grain Rotini Seasoned Carrots Chilled Pears</p>	<p>10  Whole Grain Breaded Chicken Pattie on a Whole Grain Bun Crisp Green Salad w/ Romaine Iceberg Blend & Light Dressing Petite Banana</p>	<p>11</p> <p>No School Veterans Day</p>	<p>12</p> <p>Grilled Cheese Sandwich With Chicken Noodle Soup Fresh Baby Cut Carrots w/ ranch dip Chilled Peaches</p> <p>Cookie Sale\$.75</p>	<p>13  Pepperoni or Cheese Pizza on whole grain crust Seasoned Peas</p> <p> Fresh Local Crunchy Apple</p>
<p>16</p> <p>French Toast Sticks Scrambled Eggs Oven Baked Potato Rounds Sliced Strawberries w/ Whipped Topping</p>	<p>17  Cheeseburgers on a Whole Grain Bun Oven Baked French Fries Fresh Orange Smiles</p>	<p>18  Beefaroni Garlic Bread Seasoned Sweet Corn Chilled Pears</p>	<p>19</p> <p>Baked White Meat Popcorn Chicken Fluffy Mashed Potatoes Home style Gravy Seasoned Carrots</p> <p> Fresh Local Apple November Fresh Food Taste Test: Butternut Squash</p>	<p>20  Pepperoni or Cheese Pizza on whole grain crust Fresh Cucumber Coins w/ reduced fat ranch dip Chilled Mixed Fruit Cup</p>
<p>23</p> <p>Noon Dismissal</p>	<p>24</p> <p>Noon Dismissal</p>	<p>25</p> <p>Noon Dismissal</p>	<p>26</p> <p>No School Thanksgiving Holiday</p>	<p>27</p> <p>No School Thanksgiving Holiday</p>
<p>30  Manager's Choice</p> <p> Whole Grain Dinner Roll Seasoned Carrots Creamy Cole Slaw Chilled Applesauce</p>		<p> Locally Grown Apples From Sholan Farms</p>		

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

- Daily:**  Tuna on a Whole Grain Bun Lettuce & Tomato
- Mondays:** Yogurt Fun Lunch: Yogurt, Cheese Crackers & Fresh Baby Carrots
- Tuesdays:** Pizza Bagel Fun Lunch: Mini Bagels, Shredded Mozzarella & Pizza Sauce
- Wednesdays:** Cereal Fun Lunch:  Whole Grain Cereal Bowl, Graham Crackers, Hard Boiled Egg & 100%Fruit Juice
- Thursdays:**  Junior Turkey & Cheese Sub w/ Graham Crackers, Fresh Cut Oranges & 100% Fruit Juice & Milk
- 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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