

# High School Lunch Menu

## April 2022

Daily Options Nutrition Info

Monday

Tuesday

Wednesday

Thursday

Friday

Menu is subject to change without notice. Due to major issues in the food supply chain, we may have to substitute items and therefore nutrition information may not be up to date. Please reach out to the Director of Food Services, Emily Cook (978-777-8925 x2388), or your school's cafeteria with questions regarding nutrition/allergy information.

**FREE Breakfast and Lunch for All for the 2021-2022 School Year!**

4 Egg and Cheese Sandwich on a Croissant  
Hash Browns  
Sausage Patty  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Baby Carrots

5 Beef Tacos  
Lettuce And Tomato Toppers  
Shredded Cheddar Cheese  
Salsa  
Black Bean & Corn Salad  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Red Peppers

6 -Early Release-  
Chicken Caesar Wrap  
Orange Glazed Carrots  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Celery Sticks

7 -Red Sox Opening Day!-  
Italian Sausage with Peppers & Onions  
Hot Dog  
Cheeseburger  
Crinkle Cut Fries  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Cucumber Slices

8 Pasta with Meatballs  
Green Beans  
Cheesy Garlic Bread  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Garden Salad

11 Caprese Sandwich  
Mixed Vegetables  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Baby Carrots


12 Chicken Fajita Bowl  
Sauteed Onions & Peppers  
Brown Rice  
Fiesta Corn & Black Bean Salad  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Red Peppers

13 BBQ Chicken  
Mashed Potatoes  
Carrots  
Dinner Roll  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Celery Sticks

14 Chicken Stir Fry with Noodles  
Steamed Broccoli  
Sauteed Onions & Peppers  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Cucumber Slices

15 Pulled Pork Sliders w/ BBQ Sauce  
Sweet Potato Fries  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Caesar Salad

18 -No School-  
-Spring Vacation-  


19 -No School-  
-Spring Vacation-  


20 -No School-  
-Spring Vacation-  


21 -No School-  
-Spring Vacation-  


22 -No School-  
-Spring Vacation-  


25 Mozzarella Sticks  
Marinara Sauce  
Peas  
Brown Rice Pilaf  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Baby Carrots

26 Beef Burrito  
Sauteed Onions & Peppers  
Seasoned Black Beans  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Red Peppers

27 Chicken Mashed Potato  
Gravy Bowl  
Corn  
Dinner Roll  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Celery Sticks

28 Steak and Cheese Sub  
Crispy Baked Fries  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Cucumber Slices

29 Buffalo Chicken Macaroni & Cheese  
Broccoli  
Assorted Fresh Fruit  
Assorted Canned Fruit  
Garden Salad

**Daily Alternate Lunch Options:**  
Freshly Made Salads  
Assorted Deli Sandwiches  
Bagel Meals  
Hamburger or Cheeseburger  
Chicken Patty  
Pizza  
Calzones  
Nachos with Spicy Beef and Cheese

**Daily Available Gluten Free Menu:**  
(For students with gluten allergies only)  
GF Pizza  
GF Chicken Nuggets  
GF Hamburger or Cheeseburger  
GF Hot Dog and Roll

**A La Carte Items (Available for Purchase):**  
8oz water: \$0.75  
16oz water: \$1.00  
Seltzer/Flavored water: \$1.25  
All snacks: \$1.25

Your choice of juice or milk is included with a lunch (1% white milk or fat-free chocolate milk).

**\*\*Second lunches are not free and cannot be charged. Your student must have money on hand or in their account to purchase a second lunch.\*\***