

# Elementary School Lunch Menu

## December 2022

**FREE Breakfast and Lunch for All for the 2022-2023 School Year!**

Alternate Lunch Nutrition Info

Monday		Tuesday		Wednesday		Thursday		Friday			
<p><i>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.</i></p>											
5	Cheeseburger Sweet Potato Fries Assorted Fresh Fruit Assorted Canned Fruit Baby Carrots	6	Chicken Fajitas Sautéed Onions & Peppers Salsa Shredded Cheddar Cheese Brown Rice Black Bean & Corn Salad Assorted Fresh Fruit Assorted Canned Fruit Cucumber Slices	7	-Early Release- Mini Maple Waffles Hash Brown Sausage Patty Syrup Assorted Fresh Fruit Assorted Canned Fruit Celery Sticks	8	Baked Ziti Green Beans Dinner Roll Assorted Fresh Fruit Assorted Canned Fruit Red Peppers	9	Domino's Smart Cheese Pizza Caesar Salad Assorted Fresh Fruit Assorted Canned Fruit		
12	Macaroni & Cheese Steamed Broccoli Assorted Fresh Fruit Assorted Canned Fruit Baby Carrots	13	Beef Tacos Lettuce And Tomato Toppers Salsa Shredded Cheddar Cheese Sour Cream Fiesta Corn & Black Bean Salad Assorted Fresh Fruit Assorted Canned Fruit Cucumber Slices	14	Popcorn Chicken Mixed Vegetables Brown Rice Pilaf Assorted Fresh Fruit Assorted Canned Fruit Celery Sticks	15	Pulled Pork Sliders w/ BBQ Sauce Cape Cod Potato Chips Assorted Fresh Fruit Assorted Canned Fruit Red Peppers	16	Domino's Smart Cheese Pizza Steamed Carrots Assorted Fresh Fruit Assorted Canned Fruit	Tie-Dye Bagel Friday <i>The bagel alternate for today will be a special tie-dye colored bagel.</i>	
19	Chicken Alfredo Steamed Broccoli Garlic Bread Assorted Fresh Fruit Assorted Canned Fruit Baby Carrots	20	Beef Nachos Cheddar Cheese Sauce Salsa Sour Cream Marinated Black Bean Salad Assorted Fresh Fruit Assorted Canned Fruit Cucumber Slices	21	Grilled Cheese Tomato Soup Steamed Peas Assorted Fresh Fruit Assorted Canned Fruit Celery Sticks	22	Domino's Smart Cheese Pizza Corn Assorted Fresh Fruit Assorted Canned Fruit	23	-No School- -Winter Vacation- 		
26	-No School- -Winter Vacation- 		27	-No School- -Winter Vacation- 		28	-No School- -Winter Vacation- 		29	-No School- -Winter Vacation- 	
								30	-No School- -Winter Vacation- 		

We have Domino's Pizza on Fridays! Second slices are available for purchase. If you **WOULD NOT** like your student to buy a second slice, please submit the [opt-out form](#).

Daily Available Alternates:

- **Week Ending 12/2:** Chicken Patty OR Bagel, Yogurt, & Cream Cheese
- **Week Ending 12/9:** Cheese Pizza OR Bagel, Yogurt, & Cream Cheese
- **Week Ending 12/16:** Hot Dog OR Bagel, Yogurt, & Cream Cheese
- **Week Ending 12/23:** Cheeseburger OR Bagel, Yogurt, & Cream Cheese

All lunches come with the choice of fat-free chocolate milk, 1% white milk, juice, or water.

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