

# Elementary Lunch Menu

## March 2023

# 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>	<p>***We are in the process of switching our nutrition analysis software as well as our grocery supplier. This has caused some inconsistencies with nutrition info on this website vs. what we have in house. All staff check each item for allergens before use.</p> <p>We apologize for the inconvenience and appreciate your patience as we update nutrition information. If you have any questions or concerns, reach out to the Director of</p>	<p>1 -Early Release-Cheeseburger Cape Cod Potato Chips Assorted Fresh Fruit Assorted Canned Fruit Celery Sticks</p>	<p>2 Chicken Alfredo Steamed Broccoli Garlic Bread Assorted Fresh Fruit Assorted Canned Fruit Red Peppers</p>	<p>3 Domino's Smart Cheese Pizza Garden Salad Assorted Fresh Fruit Assorted Canned Fruit</p>
<p>6 Hot Dog Hot Dog Bun Corn Baked Beans Assorted Fresh Fruit Assorted Canned Fruit Baby Carrots</p>	<p>7 Orange Chicken Green Beans Brown Rice Assorted Fresh Fruit Assorted Canned Fruit Cucumber Slices</p>	<p>8 Mini Maple Waffles Hash Brown Sausage Patty Syrup Assorted Fresh Fruit Assorted Canned Fruit Celery Sticks</p>	<p>9 Pasta with Meatballs Steamed Carrots Assorted Fresh Fruit Assorted Canned Fruit Red Peppers</p>	<p>10 Domino's Smart Cheese Pizza Caesar Salad Assorted Fresh Fruit Assorted Canned Fruit</p>
<p>13 Grilled Cheese Tomato Soup Steamed Peas Assorted Fresh Fruit Assorted Canned Fruit Baby Carrots</p>	<p>14 Beef Tacos Lettuce And Tomato Toppers Shredded Cheddar Cheese Salsa Sour Cream Corn Assorted Fresh Fruit Assorted Canned Fruit Black Bean &amp; Corn Salad</p>	<p>15 Chicken Nuggets Mashed Potatoes Dinner Roll Assorted Fresh Fruit Assorted Canned Fruit Celery Sticks</p>	<p>16 Lasagna Roll Up Mixed Vegetables Assorted Fresh Fruit Assorted Canned Fruit Red Peppers</p>	<p>17 Domino's Smart Cheese Pizza Steamed Broccoli Assorted Fresh Fruit Assorted Canned Fruit Cucumber Slices</p> <p><b>ST. PATRICK'S DAY</b></p>
<p>20 Pizza Sticks Marinara Sauce Green Beans Assorted Fresh Fruit Assorted Canned Fruit Baby Carrots</p>	<p>21 Beef Nachos Cheddar Cheese Sauce Salsa Sour Cream Corn Assorted Fresh Fruit Assorted Canned Fruit Fiesta Corn &amp; Black Bean Salad</p>	<p>22 Meatball Sub Potato Puffs Assorted Fresh Fruit Assorted Canned Fruit Celery Sticks</p>	<p>23 Chicken Patty on a Bun Steamed Carrots Assorted Fresh Fruit Assorted Canned Fruit Red Peppers</p>	<p>24 Domino's Smart Cheese Pizza Caesar Salad Assorted Fresh Fruit Assorted Canned Fruit</p>
<p>27 Ham and Cheese Melt on a Croissant Sweet Potato Fries Assorted Fresh Fruit Assorted Canned Fruit Baby Carrots</p>	<p>28 Cheese Quesadilla Salsa Sour Cream Corn Assorted Fresh Fruit Assorted Canned Fruit Black Bean &amp; Corn Salad</p>	<p>29 Confetti Pancakes Hash Brown Sausage Patty Syrup Assorted Fresh Fruit Assorted Canned Fruit Celery Sticks</p>	<p>30 Chicken Tenders Steamed Broccoli Brown Rice Assorted Fresh Fruit Assorted Canned Fruit Red Peppers</p>	<p>31 Domino's Smart Cheese Pizza Cucumber and Tomato Salad Assorted Fresh Fruit Assorted Canned Fruit</p>

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 3/3:** Chicken Patty OR Bagel, Yogurt, & Cream Cheese
- **Week Ending 3/10:** Ham & Cheese Melt OR Bagel, Yogurt, & Cream Cheese
- **Week Ending 3/17:** Cheese Pizza OR Bagel, Yogurt, & Cream Cheese
- **Week Ending 3/24:** Cheeseburger OR Bagel, Yogurt, & Cream Cheese
- **Week Ending 3/31:** Hot Dog 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