

All lunches come with fruit, juice, milk, and all you think you can eat veggie bar.

For nutritional information please visit our website <http://www.ewsd.org/lunch>

# AUGUST 2018

ADL, EES, EMS, Fleming, FMS, Hiawatha, Westford, and Summit Street Schools

Lunch Price: Student \$3.25 Adult \$4.00

Snack: Student \$0.85 Adult \$1.25

Beverages: Milk \$0.75 Juice \$0.75

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	<b>Pizza Day</b> Domino's Smart Slice Pizza Choice of Cheese or Pepperoni (Extra Slice Available for \$1.75)	<b>Burger Day</b> Hamburger, Cheeseburger, or Vegan Veggie Burger On a Whole Grain Roll Homemade Blueberry Smoothie	<b>Crispy Chicken Sandwich</b> With Vegetable Toppings Baked Oven Fries

**Alternative Daily Proteins**-Sliced Deli Turkey, Sliced Baked Ham, Egg Salad, Tuna Salad, Boiled Egg, String Cheese, American cheese, and VT Cabot Yogurt Parfait

**Grains**-Whole Grain Sandwich Roll, Whole Grain Dinner Roll, Whole Grain Wrap, Whole Grain Plain Bagel, Brown Rice Pilaf

**Fruit**-Vermont Macintosh Apples, Bananas (when available), Orange Smiles, Raisins, Sliced Local Apples, Watermelon (when available)

**Veggie Bar**- Romaine Lettuce, Celery, Tomato, Chickpeas, Cucumbers, Baby Carrots, Tuna Pasta Salad, and Harvest Salad

**Beverages**-Vermont Fat Free Chocolate or White Milk, 100% Fruit Juices (Apple, Fruit Punch, Orange), Water