

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>

DECEMBER 2017

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

Monday

Tuesday

Wednesday

Thursday

Friday



Pizza Day

Domino's Smart Slice Pizza
 Choice of Cheese or Pepperoni
 (Extra Slice Available for \$1.75)

French Toast Sticks

With Vermont Maple Syrup,
 Choice of Ham Patty or
 Sausage Patty

Baked Meatballs

In Marinara Sauce

With or without the meatballs
 Served on top of Penne Pasta
 Tossed Caesar Salad

Homemade Mac & Cheese

Made with a Blend of American
 and Cheddar Cheese and
 Vermont Milk
 Tossed Caesar Salad

Crispy Chicken Sandwich

With Vegetable Toppings
 Baked Oven Fries

Pizza Day

Domino's Smart Slice Pizza
 Choice of Cheese or Pepperoni
 (Extra Slice Available for \$1.75)

Burger Day

Hamburger, Cheeseburger, or
 Vegan Veggie Burger
 On a Whole Grain Roll

South of the Border Nacho Day

Seasoned Taco Meat, Cheddar
 Cheese, Guacamole, Sour Cream,
 and Salsa Piled High on a Bed of
 Whole Corn Tortillas

Holiday Dinner

Homemade Turkey and Gravy,
 Mashed Potatoes, Cornbread
 Stuffing, Maple Glazed Carrots,
 Cranberry Sauce and
 Homemade Apple Crisp

Crispy Chicken Sandwich

With Vegetable Toppings
 Baked Oven Fries

Pizza Day

Domino's Smart Slice Pizza
 Choice of Cheese or Pepperoni
 (Extra Slice Available for \$1.75)

French Toast Sticks

With Vermont Maple Syrup,
 Choice of Ham Patty or
 Sausage Patty

Flatbread Day

Choice of Cheese or Chicken
 Topped with a drizzle of
 Ranch, BBQ, or Buffalo Sauce

Spaghetti Day

With Meat Sauce or
 Vegetarian Style Marinara

Crispy Chicken Tenders

Served Crisp and Tender
 Baked Oven Fries

Winter Break
 No School

Winter Break
 No School

Winter Break
 No School

Winter Break
 No School

Winter Break
 No School

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, Baby Spinach, Broccoli, Tomato, Shredded Carrots, Salsa, Cucumbers, Sweet Peas, Celery, Apple Sauce, Croutons, Tuna Pasta Salad, and Harvest Salad

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