

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

Nutritional Information: <http://www.ewsd.org/lunch>

MARCH 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 employer

Monday

Tuesday

Wednesday

Thursday

Friday

Pizza Day

5

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

French Toast Sticks

6

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

Baked Corn Dog

7

With Homemade Chicken
 Noodle Soup

Baked Meatballs

8

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

Crispy Chicken Sandwich

9

With Vegetable Toppings
 Baked Oven Fries

Pizza Day

12

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

South of the Border Nacho Day

13

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

Burger Day

14

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

Homemade Mac & Cheese

15

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

Crispy Chicken Tenders

16

Served Crisp and Tender
 Baked Oven Fries

Pizza Day

19

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

French Toast Sticks

20

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

Jumbo Pizza Bagel

21

Soft and Chewy
 With a Tossed Caesar Salad

Crispy Chicken Sandwich

22

With Vegetable Toppings
 Baked Oven Fries

No School

Pizza Day

26

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

South of the Border Taco Day

27

Seasoned Taco Meat, Cheddar
 Cheese, Guacamole, Sour Cream,
 and Salsa Piled High on Soft or
 Crispy Tortilla Shells

Grilled Cheese Sandwich

28

Deliciously Crispy on the Outside
 and Creamy on the Inside and
 Homemade Tomato Soup

Spaghetti Day

29

With Meat Sauce or
 Vegetarian Style Marinara

Crispy Chicken Tenders

30

Served Crisp and Tender
 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)