

# BURLINGTON PUBLIC SCHOOLS MSMS LUNCH MENU

# January

# 2019

We aim to provide our students with vitamins & key nutrients essential for growth by offering a wide variety of **fruits** and **vegetables** in various colors.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>DAILY OFFERINGS</b>  <b>INCLUDE:</b>                      -WW pita pocket or dinner roll--8oz. milk varieties (skim, low fat, or skim chocolate)                      -Piece of fresh fruit                      -Fresh Salad                      -Fresh Veggie Boats</p>	<p>1  <b>NO SCHOOL</b>  </p>	<p>2  <b>Steak &amp; Cheese Sub</b>                      w/Oven Fries                      Steamed Green Beans                      Sweet Peach Cup  <b>Alternate:</b>                      Toasted Grilled Cheese</p>	<p>3  <b>Chicken Fajita Quesadilla</b>                      Seasoned Rice, Vegetable Medley (Peas &amp; Carrot Mix)                      Pear Cup  <b>Alternate:</b>                      Chicken Patty Sandwich</p>	<p>4  <b>Pizza Party</b>  <b>Homemade Gill's Pizza</b>                      Tossed Garden Salad                      Mixed Up Fruit Cups</p>
<p>7  <b>Popcorn Chicken</b>                      Smiley Fries                      Sweet Golden Corn                      Warm Apple Crisp  <b>Alternate:</b>                      Home Style WW Pizza</p>	<p>8  <b>Meatball Sub</b>                      w/Cape Cod Chips                      Green Beans                      Warm Blueberries w/topping  <b>Alternate:</b>                      Hot Dogs  <b>FREE Chocolate Pudding Cup</b></p>	<p>9  <b>Hamburger or Cheeseburger</b>                      BBQ Baked Beans                      Cape Cod Chips                      Cucumber Dippers                      Sweet Peach Cup  <b>Alternate:</b>                      Toasted Grilled Cheese</p>	<p>10  <b>BBQ Chicken Dinner</b>                      Creamy Mashed Potatoes                      Steamed Squash, Warm Dinner Roll, Diced Pear Cup  <b>Alternate:</b>                      Chicken Patty Sandwich</p>	<p>11  <b>Pizza Party</b>  <b>Homemade Sal's Pizza</b>                      Tossed Garden Salad                      Roasted Garbanzo Beans                      Mixed Up Fruit Cups</p>
<p>14  <b>Chicken Tenders</b>                      French Fries                      Sweet Golden Corn                      Strawberries w/Topping  <b>Alternate:</b>                      Home Style WW Pizza</p>	<p>15  <b>Burlington Sampler</b>                      (2 Mozzarella Cheese Sticks &amp; 3 Chicken Nuggets)                      Potato Smiles                      Sweet Sliced Peach Cup  <b>Alternate:</b>                      Hot Dogs</p>	<p>16  <b>Nacho Grande</b>                      Seasoned Ground Beef                      Lettuce, Tomato &amp; Cheese, Tortilla Chips &amp; Salsa                      Sweet Golden Corn                      Perky Pear Cup  <b>Alternate:</b> Toasted Grilled Cheese</p>	<p>17  <b>Soup &amp; Sandwich</b>  <b>Homemade Chicken Soup</b>                      w/Grilled Cheese                      Veggie Dippers                      Blueberries w/Topping  <b>Alternate:</b>                      Chicken Patty Sandwich</p>	<p>18  <b>Pizza Party</b>  <b>Homemade Pizza</b>                      Classic Caesar Salad                      Roasted Garbanzo Beans                      Mixed Up Fruit Cups</p>
<p>21  <b>NO SCHOOL</b>  <b>Martin Luther King DAY</b></p>	<p>22  <b>French Toast Sticks</b>                      Sizzling Sausage                      Hash Browns                      Colorful Carrot Dippers                      Homemade Applesauce  <b>Alternate:</b>                      Hot Dogs</p>	<p>23  <b>Hamburger or Cheeseburger</b>                      BBQ Baked Beans                      Cape Cod Chips                      Cucumber Dippers                      Sweet Peach Cup  <b>Alternate:</b>                      Toasted Grilled Cheese</p>	<p>24  <b>BBQ Rib Dinner</b>                      Creamy Mashed Potatoes                      Sweet Golden Corn                      Fresh Crisp Apple  <b>Alternate:</b>                      Chicken Patty Sandwich</p>	<p>25  <b>Pizza Party</b>  <b>Homemade Gill's Pizza</b>                      Kale Chips                      Mixed Up Fruit Cups</p>
<p>28  <b>Crispy Chicken Patty on Roll</b>                      w/ Lettuce &amp; Tomato                      Sweet Potato Fries                      Perky Pear Cup  <b>Alternate:</b>                      Home Style WW Pizza</p>	<p>29  <b>Taco Tuesday</b>                      Chicken or Beef Taco's                      Toppings: Lettuce, Salsa, Cheese                      Seasoned Rice &amp; Sweet Golden Corn                      Warm Blueberry Crisp  <b>Alternate:</b> Hot Dogs</p>	<p>30  <b>Pasta Your Way (sauce or buttered)</b>                      w/Meatballs                      Warm Garlic Bread                      Steamed Green Beans                      Warm Cinnamon Apple Slices  <b>Alternate:</b>                      Toasted Grilled Cheese</p>	<p>31  <b>Assorted Calzones</b>                      (Meatball, Ham &amp; Cheese, Chicken Parm)                      Cape Cod Chips                      Veggie Boat                      Assorted Fruit Cup  <b>Alternate:</b>                      Chicken Patty Sandwich</p>	



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All meals are served with a variety of fruits and veggies, whole grains, low fat milk and protein. Menus are subject to change occasionally without notice. Menu items are always subject to availability. This institution is an equal opportunity provider.