

JANUARY LUNCH MENU

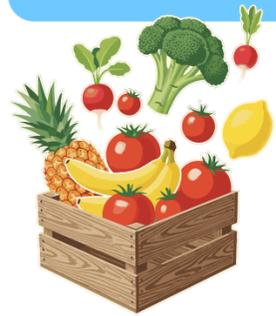
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Did you know... School lunch is free!
All Meals include whole grain, lean protein, Vegetable and fruit of the day & 1% Milk or fat free Chocolate Milk.

Students must select at least 3 out of 5 items including a fruit or vegetable to create a complete USDA lunch.



We will also offer sunbutter & jelly, homemade pizza, fresh salad with or without meat, assorted subs, and grilled cheese as daily alternatives for meals. All meals are offered free to qualifying students.

Please visit our website for more information. We are welcome to your comments and questions, please feel free to call anytime at 978-402-8666, or email sbardzik@carlisle.k12.ma.us.

Our prepayment option takes a load off your mind. Please visit the Carlisle School website for more information. Civil rights law and U.S. Department of Agriculture (USDA) Civil Rights

Please be aware, the menu is subject to change.



Carlisle Public School is a Nut-Free Kitchen!

5 Meatless Monday
Penne with Marinara
Mozzarella Cheese Stick
Garlic Bread
Carrot Sticks with Dip
Ceasar Salad
Orange Smiles

6 Hot Dog or Veggie Dog
French Fries
Creamy Cole Slaw
Baked Beans
Red and Green Grapes
Sweet Golden Corn

7 Chicken and Gravy
over Rice
Snowflake Dinner Roll
Sweet Peas
Mixed Salad
Cranberries

8 Cheese Steak Sub
Lays Chips
Cucumbers and Dip
Broccoli and Cheddar Soup
Red and Green Apple Slices

Assorted Specialty Pizza
Gluten Free Pizza
Fiesta Corn
and Black Beans
Garden Salad
Blueberries

12 Meatless Monday
Baked Potato with Choice
of Toppings - Broccoli,
Cheese, Black Beans, or
Butter and Sour Cream
Yogurt and Strawberries

13 Half Day
Chicken Patty Sandwich
Or Veggie Burger
Carrot Sticks
Raisins

14 Shepards Pie
Feta and Lentil Salad
Glazed Carrots
Red and Green Grapes

15 Chicken or Veggie
Curry Over Rice
Warm Naan Bread
Sweet Peas
Watermelon

16 Assorted Specialty Pizza
Gluten Free Pizza
Sweet Corn
Mixed Salad
Chilled Pears

19 No School Today!
Have a Great Day!



20 Cheeseburger/
Hamburger
Crispy Tater Tots
Baked Beans
Maple Glazed Carrots

21 Grilled Cheese
Sandwich
Creamy Tomato Soup
Pesto Pasta Salad
Cucumbers and Dip

22 Pork or Veggie
Dumplings
Steamed White Rice
Edamame
Asian Slaw
Pineapple

23 Assorted Specialty Pizza
Gluten Free Pizza
Spinach and Feta Salad
Cranberries
Orange Smiles

26 Meatless Monday
Spinach and Cheddar
Strata
Roasted Sweet Potatoes
Cantaloupe

27 Popcorn Chicken and
Mashed Potato Bowls
With Gravy
Peas and Corn
Cinnamon Apple Slices

28 Fish Or Chicken Breast
Sandwich
Rice and Veggie Salad
Creamy Clam Chowder
Garden Salad
Peaches and Blueberries

29 Homemade
Mac and Cheese
Sautéed Spinach
with Garlic
Red and Green Grapes

30 Assorted Speciality Pizza
Gluten Free Pizza
Steamed Garlic Ginger
Broccoli
Oranges or Mixed Fruit