

MARCH 2012 Scituate Public School Lunch Menu ALL LUNCHES ARE \$2.50

THERE IS NO MORE CHARGING OF SCHOOL LUNCHES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MILK OFFERED DAILY: 1% WHITE MILK LOW-FAT CHOCOLATE SKIM MILK</p>	<p>Monday-turkey & Cheese Tuesday-chicken salad Wednesday-Roast Beef Thursday-ham & cheese Friday-Tuna Salad PB&J Daily</p>		<p>taco's w/lettuce tomato,salsa corn nibblets fresh baked corn bread side of rice dish of fruit</p>	<p>hot and crispy sal's pizza cheese pepperoni garden salad or veggie sticks light ranch dip mixed fruit</p>
<p>chicken patty on a whole wheat bun lettuce and tomato low calorie mayo side salad w/low fat dressing fresh apples</p>	<p><u>ELEMENTARY</u> Pancakes w/warm maple syrup and sausages <u>HS & GATES</u> Steak and Cheese sub Side salad and ½ oz chips</p>	<p>rotini with sauce or without fresh garden salad light dressing on side whole wheat breadsticks fresh grapes</p>	<p>Manager's Choice</p>	<p>hot and crispy sal's pizza cheese pepperoni garden salad or veggie sticks light ranch dip dish of fruit</p>
<p>crispy tender chicken nuggets hot oven baked fries dipping sauce fresh green peas fresh fruit</p>	<p>Choice of cheeseburgers or hamburgers on whole wheat rolls,lettuce and tomato Hot cup of soup jello</p>	<p>spaghetti & meatballs garden fresh salad w/ low fat dressing whole wheat rolls peach crisp</p>	<p>chicken quesadillas salsa,low fat sour cream corn nibblets carrots and celery sticks applesauce</p>	<p>French Bread Pizza cheese pepperoni garden salad dish of fruit</p>
<p>chicken patty on a whole wheat bun lettuce and tomato low calorie mayo side salad w/low fat dressing fresh fruit,</p>	<p>taco's w/lettuce tomato,salsa corn nibblets fresh baked corn bread side of rice dish of fruit</p>	<p><u>Early Release K-8</u> Bagel w/cream cheese, raisins & oranges <u>Gates lite lunch</u> <u>High School</u> Pasta plain or w/sauce Salad and roll</p>	<p><u>Early Release K-8</u> Yogurt ,cereal & banana <u>Gates lite lunch</u> <u>High School</u> Rib-b-Ques On a hoagie roll Side salad</p>	<p>hot and crispy sal's pizza cheese pepperoni garden salad dish of fruit</p>
<p>chicken nuggets w/oven fries side salad, veggie sticks w/ light ranch dressing fresh oranges choice of milk</p>	<p><u>Elementary & Gates</u> Asst. subs w/salad&1/2 oz Low fat chips <u>HS</u> Buffalo chicken subs w/salad &1/2 oz low fat chips Dish of pears Choice of milk</p>	<p>Pasta plain or w/ sauce Garden fresh salad w/low fat dressing whole wheat rolls choice of milk jello</p>	<p>hot chicken fajita's in a soft tortilla wrap grilled peppers and onions with rice and salsa hot vegetable, apple slices choice of milk dish of fruit</p>	<p>hot and crispy sal's pizza cheese pepperoni garden salad dish of fruit</p>

Available daily: hot soups, asst sandwiches, peanut butter and jelly, salads and High School offers a fresh salad bar with asst. toppings and low calorie dressings, subs made to order w/asst toppings grilled cheese, pizza and choice of milk