

**SEPTEMBER 2011 Scituate Public School Lunch Menu ALL LUNCHESES ARE \$2.50
THERE IS NO MORE CHARGING OF SCHOOL LUNCHESES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK OFFERED DAILY: 1% WHITE MILK LOW-FAT CHOCOLATE SKIM MILK		Monday-turkey & Cheese Tuesday-chicken salad Wednesday-Egg salad Thursday-ham & cheese Friday-Tuna Salad PB&J Daily			
LABOR DAY	5	6 chicken patty on a whole wheat bun lettuce and tomato low calorie mayo green beans + cheese sticks fresh fruit choice of milk	7 pasta w/ meat sauce garden fresh salad w/ low fat dressing whole wheat rolls peach crisp choice of milk	8 Quesadillas side salad, rice +corn sour cream & salsa apple crisp choice of milk	9 hot and crispy sal's pizza cheese or pepperoni garden salad dish of fruit choice of milk
12 crispy tender chicken nuggets hot oven baked fries dipping sauce fresh green peas celery & carrot sticks fresh fruit choice of milk		13 grilled cheese or grilled ham & cheese on wheat bread cooked carrots and ½ oz bag of chips grapes choice of milk	14 Mac & cheese with crispy topping garden fresh salad hot green beans whole wheat bread, fruit choice of milk	15 HS + GATES Buffalo chicken subs ELEMENTARY Pancakes w/sausages and Applesauce and Raisins	16 hot and crispy sal's pizza cheese or pepperoni garden salad dish of fruit choice of milk
19 popcorn chicken w/oven baked fries, side salad or veggie sticks w/light ranch dressing fresh fruit choice of milk		20 <u>EARLY RELEASE K-12</u> Bagel w/ cream cheese, yogurt + a banana <u>HS & GATES</u> Lite lunch	21 Penne with or without sauce fresh garden salad light dressing on the side whole wheat rolls jello choice of milk	22 meatball subs on a whole wheat roll, low fat mozzarella cheese side of salad , hot veggies and dish of pears choice of milk	23 <u>Elementary & Gates</u> French bread pizza <u>High School</u> hot and crispy sal's pizza cheese or pepperoni garden salad dish of fruit choice of milk
26 chicken patty on a whole wheat bun lettuce and tomato low calorie mayo side salad w/low fat dressing fresh fruit choice of milk		27 Burgers on a wheat roll hot vegetable and 1/2-oz bag of 40% reduced fat cape cod chips dish of fruit choice of milk	28 Cheese ravioli w/ sauce, side of salad whole wheat rolls pudding w/ topping	29 chicken fajitas wrapped in a soft tortilla, with a side of rice hot vegetable,sour cream and salsa side of salad or veggie sticks dish of fruit choice of milk	30 hot and crispy sal's pizza cheese or pepperoni garden salad dish of fruit choice of milk

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