

Gates & High School - Scituate Public Schools

January - Welcome Back from Break!



@scituateschoolnutrition

@scitnutrition

	Monday	Tuesday	Wednesday	Thursday	Friday
--	--------	---------	-----------	----------	--------

*****The USDA extended a waiver that allows schools to serve FREE BREAKFAST and LUNCH to ALL students, through 6/30/21. We are thrilled with this news as it means that we will be able to provide all Scituate students with the option of nutritious food for FREE that will support them, both in school and at home.*****

	4	5 - Gates & SHS Differ*	6	7	8 - Gates & SHS Differ*
Hot Choice	Chicken Quesadillas with Rice & all the Fixings	Gates: Pizza Lunch SHS: Popcorn Chicken Bowl	Virtual Learning Day <i>all students will be virtual</i>	Chicken Quesadillas with Rice & all the Fixings	Gates: Pizza Lunch SHS: Popcorn Chicken Bowl
Sandwich Box	Tuna Salad, Chips, Fruit	Tuna Salad, Chips, Fruit	<i>Cohort A,B,C virtual meals available at Gates Middle School from 11am-12pm</i>	Tuna Salad, Chips, Fruit	Tuna Salad, Chips, Fruit
	Uncrustable, Chips, Fruit	Uncrustable, Chips, Fruit		Uncrustable, Chips, Fruit	Uncrustable, Chips, Fruit
Salad Box	Chicken Caesar Salad with a Roll	Chicken Caesar Salad with a Roll		Chicken Caesar Salad with a Roll	Chicken Caesar Salad with a Roll
Breakfast	Tuesdays (Cohort A) & Thursdays (Cohort B): Breakfast Bags of 7 days available when leaving the building: Assorted Muffins, Cereals, Bars, accompanied by Fruit or Juice and Milk				
	11	12	13	14	15
Hot Choice	Chicken Fajitas with Peppers & Onions	American Chop Suey with Steamed Veggies & a Roll	Virtual Learning Day <i>all students will be virtual</i>	Chicken Fajitas with Peppers & Onions	American Chop Suey with Steamed Veggies & a Roll
Sandwich Box	Italian Sub, Chips, Carrots	Italian Sub, Chips, Applesauce	<i>Cohort A,B,C virtual meals available at Gates Middle School from 11am-12pm</i>	Italian Sub, Chips, Carrots	Italian Sub, Chips, Applesauce
	Uncrustable, Chips, Celery	Uncrustable, Chips, Fruit		Uncrustable, Chips, Celery	Uncrustable, Chips, Fruit
Salad Box	Garden Salad with Tuna, Pita	Garden Salad with Tuna, Pita		Garden Salad with Tuna, Pita	Garden Salad with Tuna, Pita
Breakfast	Tuesdays (Cohort A) & Thursdays (Cohort B): Breakfast Bags of 7 days available when leaving the building: Assorted Muffins, Cereals, Bars, accompanied by Fruit or Juice and Milk				
	18	19	20	21	22
Hot Choice	<i>Martin Luther King Jr. Day</i>	Ham & Cheese Croissants with French Fries, Celery Sticks	Virtual Learning Day <i>all students will be virtual</i>	Pulled Pork Sandwich with Tots & Coleslaw	Ham & Cheese Croissants with French Fries, Celery Sticks
Sandwich Box	<i>No School</i>	Turkey & Cheese, Chips, Broccoli	<i>Cohort A,B,C virtual meals available at Gates Middle School from 11am-12pm</i>	Turkey & Cheese, Chips, Broccoli	Turkey & Cheese, Chips, Broccoli
		Uncrustable, Chips, Applesauce		Uncrustable, Chips, Celery	Uncrustable, Chips, Fruit
Salad Box		Chef Salad (Ham, Egg), a Roll		Chef Salad (Ham, Egg), a Roll	Chef Salad (Ham, Egg), a Roll
Breakfast	Tuesdays (Cohort A): Breakfast Bags of 7 days available when leaving the building: Assorted Muffins, Cereals, Bars, accompanied by Fruit or Juice and Milk				
	25	26	27	28	29
Hot Choice	<i>Breakfast For Lunch! French Toast</i> with Sausage, Tots & Fruit	Tacos with Scoops Beans & all the fixings	Virtual Learning Day <i>all students will be virtual</i>	<i>Breakfast For Lunch! French Toast</i> with Sausage, Tots & Fruit	Tacos with Scoops Beans & all the fixings
Sandwich Box	Chicken Salad, Chips, Fruit	Chicken Salad, Chips, Fruit	<i>Cohort A,B,C virtual meals available at Gates Middle School from 11am-12pm</i>	Chicken Salad, Chips, Fruit	Chicken Salad, Chips, Fruit
	Uncrustable, Chips, Fruit	Uncrustable, Chips, Fruit		Uncrustable, Chips, Fruit	Uncrustable, Chips, Fruit
Salad Box	Chicken Caesar Salad with a Roll	Chicken Caesar Salad with a Roll		Chicken Caesar Salad with a Roll	Chicken Caesar Salad with a Roll
Breakfast	Tuesdays (Cohort A): Breakfast Bags of 7 days available when leaving the building: Assorted Muffins, Cereals, Bars, accompanied by Fruit or Juice and Milk				

USDA Waiver ***The USDA extended a waiver that allows schools to serve free breakfast and lunch to ALL students, through 6/30/21. We are thrilled with this news as it means that we will be able to provide all Scituate students with the option of nutritious food for free that will support them, both in school and at home.***

ALLERGIES ***Students with Allergies*** - All students eating lunch in school will be asked if they have any allergies before choosing a meal. Breakfast meals will not be consumed on campus or on busses. Students/families with allergies must be responsible for monitoring meal consumption in order to maintain safety.

<p>Questions, Comments or Concerns?</p> <p>Food Service Director: David Stevens</p> <p>David can also be reached in the office at 781-545-8750, ext. 143</p>	<p>dstevens@scit.org</p>	<p>*A full student lunch includes an entrée supplying protein and grain, assorted fruits, assorted vegetables, and a milk. Milk choices include 1%, and chocolate.</p> <p>*No Snacks will be offered until further notice.</p> <p>"This is an equal opportunity provider." Menu is Subject to Change.</p>	<p>***USDA Universal Free Waiver***</p> <p>*Valid until 6/30/21 or until further notice</p> <p>*All students receive free meals at no charge</p>
--	---	---	---