




**Nutrition Tip:** Sit down and review the menu with your child. Discuss which foods are liked and why, come to an agreement and have your child circle the selection. When children are involved in the decision-making process they are more likely to choose those items.

Alternative lunches offered daily with all of the sides, except half days. All meals are served with a choice of low-fat 1% or skim milk. All sandwiches served with lettuce and tomato. Fresh fruit offered daily. Medically necessary dietary accommodations can be made. Questions, please contact Lauren Mancini, School Nutrition Director at 617-629-5690

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATIVES
<p>Q: What did the lettuce say to the celery? A: Quit stalking me!</p> <p>26</p>	<p>1/2 Day Homemade Cheese Pizza Fresh Carrots</p> <p>27</p>	<p>1/2 Day Homemade Cheese Pizza Fresh Carrots</p> <p>28</p>	<p>Zesty Buffalo Chicken Tomato, Basil and Mozzarella Salad</p> <p>29</p>	<p><b>NO SCHOOL</b> 30 <b>ALL STUDENTS EAT FREE</b> <i>"This institution is an equal opportunity employer."</i></p>	<p>Crispy Chicken On Bun Assorted Pizza Assorted Wraps Salad Bar</p>
<p><b>NO SCHOOL</b> 2</p>	<p> 3 Local Fish and Chips Creamy Coleslaw</p>	<p>4 Chicken Parmesan with Penne Pasta Steamed Broccoli</p>	<p>5 Chicken Fajita with Peppers &amp; Onions on a Warm Soft Tortilla Cilantro and Lime Rice and Beans</p>	<p>6 BBQ Baked Chicken Fresh Baked Breadstick Roasted Squash</p>	<p>Cheeseburger on Bun Assorted Pizza Assorted Wraps Salad Bar</p>
<p>9 Chicken and Waffles Strawberries and Blueberries</p>	<p>10 Assorted Calzones Fresh Cut Vegetables</p>	<p>11 Raviolis, Sausage, Cheesy Bread Stick Crispy Caesar Salad</p>	<p>12 Honey Sriracha Chicken Wings Curly Fries</p>	<p>13 Vegetarian Bean Chili Corn Bread Celery Sticks</p>	<p>Buffalo Chicken on Bun Assorted Pizzas Assorted Wraps Salad Bar</p>
<p>16 Mandarin Orange Chicken with Asian Rice Steamed Green Beans</p>	<p>17 Somerville Sampler: Chicken Nuggets, Mozza- rella Sticks, Corn Chips Three Bean Salad</p>	<p>18 Pulled Pork Tacos Broccoli Slaw Guacamole and Chips</p>	<p>19 Roasted Turkey w/ Gravy Mashed Potatoes, Stuffing and Corn</p>	<p>20 Baked Buffalo Chicken Macaroni and Cheese Steamed Broccoli</p>	<p>Steak Bomb Sub Assorted Pizzas Assorted Wraps Salad Bar</p>
<p>23 Jamaican Beef Patties Plantains</p>	<p>24 General Tso Chicken Egg Rolls Honey Glazed Carrots</p>	<p>25 Italian Baked Chicken Homemade Corn Bread Roasted Sweet Potatoes</p>	<p>26 Hard Shell Beef Taco Chili Spiced Corn and Bean Salad</p>	<p>27 Rosemary Pork Roast Oven Roasted Potatoes Roasted Squash</p>	<p>Grilled Chicken on Bun Assorted Pizzas Assorted Wraps Salad Bar</p>