

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.

All meals served with a choice of low-fat or skim white milk. Fresh Fruit served daily.  
Questions, please contact Lauren Mancini, School Nutrition Director 617-629-5690

### MONDAY

2

### TUESDAY

3

### WEDNESDAY

4

### THURSDAY

5

### FRIDAY

6

9

10

11

12

13

### LUNCH STARTS

16

Cheese Pizza  
Celery Sticks

17

Chicken Nuggets  
Whole Wheat Roll  
Carrot Sticks

18

Turkey and Cheese Roll-Up  
Grape Tomatoes w/ Hummus

19

Chicken Salad on  
Whole Wheat Roll  
Sliced Peppers

20

Sunbutter and Jelly on  
Whole Wheat with yogurt  
Broccoli and Dip

23

Meatball Sub on  
Whole Wheat Roll  
Celery Sticks

24

Tuna Sub on Wheat Roll  
Carrot Sticks

25

Honey Wheat Bagel with  
cheese stick and yogurt  
Grape Tomatoes w/ Hummus

26

Ham and Cheese Roll-Up  
Sliced Peppers

27

Buffalo Chicken Wrap  
Broccoli and Dip

30

Grilled Chicken Sandwich  
Celery Sticks

Student Lunch: \$3.25

*"This institution is an equal opportunity employer."*

