





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 like 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. Fresh Fruit served daily. Questions, 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>27</p>	<p>28</p> <p>1/2 Day Homemade Cheese Pizza Fresh Carrots</p>	<p>29</p> <p>Crispy Chicken Sandwich Sweet Potato Fries</p>	<p>30</p> <p>NO SCHOOL Student Lunch: \$3.25 <i>"This institution is an equal opportunity employer."</i></p>	<p>Sunbutter and Jelly on Wheat Bread with Yogurt</p>
<p>2</p> <p>NO SCHOOL</p>	 <p>3</p> <p>Local Fish and Chips Creamy Cole Slaw</p>	<p>4</p> <p>Homemade Cheese Pizza Fresh Garden Salad with Garbanzo Beans</p>	<p>5</p> <p>Cheeseburger Roasted Squash</p>	<p>6</p> <p>Chicken and Cheese Quesadilla Corn and Bean Salad</p>	<p>Turkey and Cheese Wrap with Lettuce and Tomato Tuna Salad</p>
<p>9</p> <p>Brunch for Lunch: French Toast Sticks, Sausage and Tator Tots</p>	<p>10</p> <p>Toasted Cheese Roasted Sweet Potatoes</p>	<p>11</p> <p>Homemade Cheese Pizza Cucumber Dill Salad</p>	<p>12</p> <p>Hard Shell Pork Taco Three Bean Salad</p>	<p>13</p> <p>Vegetarian Bean Chili Corn Bread Celery Sticks</p>	<p>Whole Wheat Bagel with Cheese Stick Grilled Chicken Salad</p>
<p>16</p> <p>Somerville Sampler: Chicken Nuggets, Mozzarella Sticks, Corn Chips, Three Bean Salad</p>	<p>17</p> <p>Tangerine Chicken Asian Spiced Rice Steamed Broccoli</p>	<p>18</p> <p>1/2 DAY Homemade Cheese Pizza Fresh Garden Salad with Garbanzo Beans</p>	<p>19</p> <p>Roasted Turkey w/ Gravy Mashed Potatoes Sweet Corn</p>	<p>20</p> <p>Mini Cheese Ravioli Mozzarella Stuffed Breadstick Green Beans</p>	<p>Tuna Sub with Pickles on a Pretzel Bun Chef Salad with Ham and Hard Boiled Eggs</p>
<p>23</p> <p>Chicken and Waffles Blueberries and Strawberries</p>	<p>24</p> <p>Assorted Calzones: Buffalo Chicken, Steak & Cheese, Veggie Fresh Cut Vegetables</p>	<p>25</p> <p>Homemade Cheese Pizza Fresh Crispy Caesar Salad</p>	<p>26</p> <p>Chicken Fajita with pepper and onions Rice Pilaf with tomatoes Steamed Corn</p>	<p>27</p> <p>Roasted BBQ Chicken Roasted Potatoes Butternut Squash</p>	<p>Italian Sub with all the fixings Spicy Chicken Salad</p>