

# Stoughton Public Schools

## Elementary School Lunch Menu

### September 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>PLEASE NOTE:</b> the Cafeterias will no longer be offering Snacks at the Elementary Schools <b>Please provide a healthy snack for your child</b></p>	<p>6 100% Fruit Juice Chicken Nuggets Rice Pilaf Carrots Whole Grain Roll Fresh &amp; Chilled Fruit Milk</p>	<p>7 <b>PIZZA DAY</b> 100% Fruit Juice Slice of Pizza Fresh Garden Salad  Fresh &amp; Chilled Fruit Milk</p>	<p>8 100% Fruit Juice Beef and Cheese Calzone Tossed Salad Ranch Dressing  Fresh &amp; Chilled Fruit Milk</p>	<p>9 100% Fruit Juice Fish Fillet on a Whole Grain Tartar Sauce Creamy Cole Slaw Vegetable Sticks Fruit / Milk</p>
<p>12 100% Fruit Juice Hamburger With or w/out Cheese Wheat Roll Sweet Potato Fries Fresh Side Salad Fresh &amp; Chilled Fruit Milk</p>	<p>13 100% Fruit Juice Sliced Turkey Sandwich Whole Wheat Bread Lettuce and Tomato Cranberry Sauce  Fresh &amp; Chilled Fruit Milk</p>	<p>14 <b>PIZZA DAY</b> 100% Fruit Juice Slice of Pizza Fresh Garden Salad  Fresh &amp; Chilled Fruit Milk</p>	<p>15 100% Fruit Juice American Chop Suey Cut Green Beans Whole Grain Roll  Fresh &amp; Chilled Fruit Milk</p>	<p>16 100% Fruit Juice Hot Dog on a Roll Corn Niblets Sliced Oranges Vegetable Sticks  Fresh &amp; Chilled Fruit Milk</p>
<p>19 100% Fruit Juice Mozzarella Sticks Marinara Sauce Antipasto Salad  Fresh &amp; Chilled Fruit Milk</p>	<p>20 100% Fruit Juice Fajita Chicken and Cheese in a Tortilla Wrap Mexican Style Rice Green Peas Fresh &amp; Chilled Fruit Milk</p>	<p>21 <b>PIZZA DAY</b> 100% Fruit Juice Slice of Pizza Fresh Garden Salad  Fresh &amp; Chilled Fruit Milk</p>	<p>22 100% Fruit Juice Chicken parmesan Served over pasta Tossed Salad Whole Grain Roll Fresh &amp; Chilled Fruit Milk</p>	<p>23 100% Fruit Juice Hot Ham and Cheese Sandwich Spicy Potato Wedges Vegetable Sticks Fresh &amp; Chilled Fruit Milk</p>
<p>26 Macaroni and Cheese Whole Grain Dinner Roll Carrots Vegetable Sticks  Fresh &amp; Chilled Fruit Milk</p>	<p>27 100% Fruit Juice Homemade French Toast Turkey Sausage Patty Hot Apple Slices Maple Syrup Fresh &amp; Chilled Fruit Milk</p>	<p>28 <b>PIZZA DAY</b> 100% Fruit Juice Slice of Pizza Fresh Garden Salad  Fresh &amp; Chilled Fruit Milk</p>	<p>29 No School Rosh Hashanah</p>	<p>30 No School Rosh Hashanah</p>
<p>100% Fruit Juice is offered every day Salads may be ordered for lunch daily.</p>	<p>We do not have any Deep Fryers in any of our schools. All our products are baked</p>	<p>Cheese, Ham and Turkey Sticks are available every day to supplement your Childs tray</p>	<p>We are very aware of Allergies and watch all foods that are offered to our students</p>	<p><b>Snacks are no longer available for K-5th grade students</b></p>
<p>We have Fresh &amp; Chilled Fruit every day!!!</p>	<p>Our cafeteria has a variety of meat and Vegetarian choices every day</p>	<p>Menu Subject to Change Without Notice</p>	<p>Your choice of fat free white Milk or flavored Milk is offered at all Meals.</p>	<p>Whole Grain Rolls, Crusts and Breads are used throughout the month</p>
<p>We do not add any additional salt to our food</p>	<p>Yogurt and Pretzels with Milk, Juice, Salad is offered every day as a no meat alternate</p>	<p>Seasonal Fresh Fruit and Vegetables are offered throughout the year</p>	<p><b>Snacks are no longer available for K-5th grade students</b></p>	<p>We don't sell any Soda or Carbonated Drinks in any of our Cafeterias</p>
<p><b>In accordance with the Federal law and the USDA policy, this institution is prohibited from discrimination based on race color, sex, national origin, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights 1400 Independence Avenue, SW, Washington, DC.20250-9410. Or call 800-795-3272 USDA is an equal opportunity employer</b></p>				