



Florence Sawyer-Emerson Schools

August/September 2017

Menu Subject to Change without notice

Please let your server know if you have any food allergies

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>A variety of milk including FF Chocolate, Skim, 1%, FF Strawberry & Lactaid are available daily as well as assorted fresh fruit</p> 	<p>Lunch \$3.00 Milk \$.50 For the month \$ Snacks \$1.00 Water \$.50-\$1.00 <u>We now have Soy Milk 1.00</u></p> <p><u>✓=Vegetarian</u></p>	<p>All Beef Taco Seasoned Ground Beef, Shredded Lettuce, Shredded Cheese and Garden Salsa on a Crunchy Taco Shell Seasoned Rice & Beans 30 Parsled Carrot Coins</p>	<p>Tasty Chicken Low Mein or Vegetable Low Mein ✓ Steamed Broccoli Crowns Pineapple Chunks Fortune Cookie</p> 	 <p>Stuffed Crust Pizza ✓ Cheese or Pepperoni Crunchy Carrot Sticks & Low Fat Dip</p>	<p>Nashoba School Nutrition We don't just serve lunch. We serve Kids!</p> 
<p>LABOR DAY</p> 	<p>Trayless Tuesday! The Big Grill Bacon-Tomato Grilled Cheese (w/o bacon) ✓ Fantastic Fruit & Yogurt Parfait Bag of Baby Carrots & Rached up Hummus</p>	<p>Old World Pasta ✓ & Meatballs Warm Garlic Bread Steamed Broccoli Crowns Pack of Craisins</p> 	<p>Texas Pete's BBQ Rib Sandwich or Black Bean Burger Lettuce, Tomato, Pickle Golden Tater Tots Oven Baked Beans Crunchy Carrot Sticks</p> 	<p>Brunch for Lunch Golden French Toast ✓ Sticks & Syrup Jones Lite Sausage Links Potato Smiles Fruit Cocktail Cup</p> 	<p>Salads & Sandwiches Chicken Caesar Wrap "Power Pack" Turkey-Bacon Wrap</p> 
<p>Chicken Alfredo Over Penne Pasta ✓ Steamed Zucchini Box of Raisins</p> 	<p>Trayless Tuesday! Build it Your Way Burger Bar or Veggie Burger ✓ Lettuce, Tomato, Pickles Crunchy Carrot Sticks Potato Smiles</p>	<p>Nachos Grande' Seasoned Taco Meat, Shredder Cheese, Diced Tomato & Garden Salsa over Warm Nacho Chips Zesty Refried Beans 13 Golden Corn Nibbles</p>	<p>Classic American Chop Suey or Pasta & Marinara ✓ Crisp Caesar Salad Garlic Texas Toast</p> 	<p>Early Release  Hot Dignity Dog Assorted Condiments Sidewinder Fries Crunchy Carrot Stick Oven Baked Beans</p>	<p>Try Our Salad Bar</p> 
<p>Beef Burrito Bowl (w/o beef available) ✓ Seasoned Beef, Rice, Zesty Beans, Topped with Sour Cream, Shredded Lettuce & Garden Salsa Golden Corn Nibbles</p>	<p>Trayless Tuesday! BBQ Chicken & Cheese Sub Cape Cod Chips Apple Grins Crunchy Carrot Sticks National Butterscotch Pudding Day</p>	<p>Chicken Scampi over Thin Spaghetti ✓ Lemon Pepper Broccoli Crowns Garlic Texas Toast</p>	<p>Meatball Parmesan Sub or Black Bean Burger ✓ Golden Oven Fries Parsled Carrot Coins</p> 	<p>Gill's Famous Pan Pizza of NH ✓ Crisp Caesar Salad Chick Pea Salad Peaches & Cream</p> 	<p>Served Daily Cereal Fun Lunch ✓ Bagel Fun Lunch ✓ Sun Butter & Jelly Lunch ✓ Pizza Lunch ✓ All served with fruit & milk.</p>
<p>Chicken Ranchero Sub or Black Bean Burger ✓ Tyson Chicken Patty topped with Bacon, Lettuce, Tomato & Low Fat Ranch Dressing Sweet Potato Fries 25 Oven Baked Beans</p>	<p>Trayless Tuesday! NEW "POWER PACK" Build A Pizza Bagel ✓ Pepperoni, Pizza Sauce, Shredded Cheese, Bagel Fresh Grapes, Crisp Carrot Sticks & Sun Butter Dip</p>	<p> Hot Dignity Dog Assorted Condiments Sidewinder Fries Crunchy Carrot Stick Oven Baked Beans</p>	<p>Auntie Angie's Pasta Bake ✓ Garlic Texas Toast Steamed Broccoli Crowns</p> 	<p>Brunch for Lunch Golden French Toast ✓ Sticks & Syrup Jones Lite Sausage Links Potato Smiles Very Berry Parfait</p>	<p>Manager: Heather French 978-779-2821</p> <p>Director: Tom Houle thoule@nrsd.net</p> <p>Asst: Leah Kymalainen lkymalainen@nrsd.net</p>