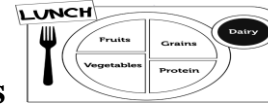




Florence Sawyer & Emerson Schools March 2017



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 \$66.00 Snacks \$1.00 Water \$.50-\$1.00 <u>We now have Soy Milk 1.00</u></p> <p>(v) =Vegetarian</p>	<p>Mama Mia Meatball Sub w/ Shredded Mozzarella Cheese or Toasted Cheese (v) Lemon Pepper Broccoli Crowns Sweet Apple Sauce Cup</p> <p>1</p>	<p>Dr. Seuss's Birthday</p>  <p>Green Eggs & Ham Golden French Toast Sticks(v) Crunchy Tater Tots Crisp Carrot Sticks & SunButter Dip</p> <p>2</p>	<p>Gill's Famous Pizza of NH Golden Oven Fries Garden Fresh Salad</p>  <p>3</p>	<p>Nashoba School Nutrition We don't just serve lunch. We serve Kids!</p> 
 <p>Hot Diggity Dog Grilled Kayem Frank on a Wheat Roll Golden Oven Fries Oven Baked Beans</p> <p>6</p>	<p>Italian Deli Panini Lettuce, Tomato & Pickle Cup Steamy Tomato Soup (v) Reduced Fat Cape Cod Chips Strawberries & Cream</p>  <p>7</p>	 <p>Auntie Angie's Pasta & Meat Sauce or Pasta Marinara (v) Warm Texas Toast Steamed Broccoli Crowns Fruit Cocktale Cup</p> <p>8</p>	<p>Tyson Golden Chicklen Chunks Assorted Dips Seasoned Rice Pilaf Parslied Carrot Coins</p>  <p>Early Release</p> <p>9</p>	<p>Full Day Professional Development Day No Classes Today</p> <p>10</p>	<p>The Deli Chicken Caesar Wrap "Power Pack" Turkey-Bacon Wrap</p> 
<p>Old World Chicken Parm over Penne Pasta (v) Seasoned Green Beans Garlic Texas Toast</p>  <p>13</p>	<p>Mucho Nachos Cheesy Sauce (v) Seasoned Beef over Warm Tortilla Chips Golden Corn Nibblets Seasoned Beans & Rice</p> <p>14</p>	<p>Build It Your Way Chicken Patty Tyson Chicken Patty on a Wheat Roll with your Choice of Lettuce, Tomato, Pickles, Assorted Condiments Parslied Carrot Coins</p> <p>15</p>	<p>Classic Cheeseburger or Black Bean Burger(v) Roasted Onions, Peppers & Mushrooms Lettuce, Tomato, Pickles Assorted Condiments Golden Onion Rings Oven Baked Beans</p> <p>16</p>	<p>French Brad Pizza (v) or *Fish In Chips Crunchy Oven Fries Steamed Broccoli Crowns Apple Crisp (*Locally Source Red Fish in a Cape Cod Chip Coating) Early Release</p> <p>17</p>	<p>Try Our Salad Bar!</p> 
<p>Texas Pete's BBQ Rib Sandwich or BBQ Black Bean Burger(v) Lettuce, Tomato, Pickles Golden Oven Fries Sweet Green Peas</p>  <p>20</p>	<p>Tyson Golden Chicken Fingers Whipped Potatoes & Steamy Gravy Parslied Carrot Coins Warm Wheat Roll</p> <p>21</p>	<p>Build your own Chili Bowl Our own Beef Chili or Veggie Chili (v) with Shredded Cheese, Sour Cream & Garden Salsa over Steamed Rice & Nacho Chips Zesty Northern Beans Corn & Cilantro</p> <p>22</p>	<p>Italian Sampler 3 Italian Meatballs 3 Golden Mozzarella Sticks (v) Marinara Dipping Sauce Warm Bread Stick Steamed Broccoli Crowns</p> <p>23</p>	 <p>Stuffed Crust Pizza (v) Crunchy Carrot Sticks & Low Fat Dip</p> <p>24</p>	<p>Served Daily *Cereal Fun Lunch Bagel Fun Lunch Sun Butter & Jelly Lunch Pizza Lunch</p>
<p>Asian Chicken Bowl or Stir Fried Veggie Bowl (v) over Steamed Brown Rice Stir Fried Carrots & Broccoli Served with Chop Sticks</p> <p>27</p>	<p>Toasted BLT Sub or Cheese LT Sub (v) Golden Oven Fries Steamy Tomato Soup Crunchy Carrot Sticks & Low Fat Dip</p> <p>28</p>	<p>Cheesy Chicken Quesadilla or Cheese Quesadilla(v) Roasted Onions & Peppers Garden Salsa Zesty Refried Beans Strawberries & Cream</p> <p>29</p>	<p>Pasta Bar Rotini Pasta with your choice of Meaty Marinara or Cheese Sauce (v) Seasoned Green Beans Garlic Texas Toast</p> <p>30</p>	<p>Gill's Famous Pizza of NH Golden Oven Fries Garden Fresh Salad</p>  <p>31</p>	<p>Manager: Heather French 978-779-2821</p> <p>Director: Tom Houle thoule@nrsd.net</p> <p>Asst: Leah Kymalainan lkymalainan@nrsd.net</p>