



Farm Fresh Salad Bar and salads available daily featuring local produce from Drumlin Farm in Lincoln, MA.



Lunch features a Local Harvest item:

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. Questions, please contact Lauren Mancini, School Nutrition Director at 617-625-6600 x6087

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ALTERNATIVES

30

Jamaican Beef Patties
Plantains and Yucca

1

Teriyaki Wings
Creamy Coleslaw
Cheesy breadstick

2

Spaghetti & Meatball
Mozzarella Stuffed
Breadstick
Seasoned Green Beans

3

Corn Shucking Day!
Fresh from the Farm:
Local Beef Burger
Local Corn and Apples



4

Chicken and Cheese
Quesadilla
Three Bean Salad

7

Teriyaki Meatballs
Asian Spiced Rice
Vegetable Blend

8

Somerville Sampler
Chicken Nuggets, Mozzarella Sticks, Corn Chips
Corn and Bean Salad

9

Chicken and Waffles
Spinach Salad

10

Italian Baked Chicken
Tomato, Basil and Mozzarella Salad

11

Wings and Things:
Spicy Buffalo Wings,
Mozzarella Sticks,
Baked Curly Fries
Carrots and Celery

14

NO SCHOOL

15

Shepard's Pie
Creamy Mashed Potatoes

16

Assorted Calzones
Fresh Vegetable Blend

17

Stuffed Shells with Meatballs
Fresh Garlic Bread
Seasoned Green Beans

18

Baked Glazed Chicken
Roasted Zucchini,
Tomatoes and Corn
Warm Breadstick

21

Breakfast Burrito:
Egg, Cheese, Ham
and Hash browns in a soft tortilla
Steamed Broccoli

22

Chicken, Bacon, Cheese
and Ranch Panini
Oven Roasted Carrots

23

General Tso Chicken
Brown Rice
Asian Blend Vegetables

24

Chicken Parmesan with Penne Pasta
Three Bean Salad

25

Homemade Buffalo Chicken Mac and Cheese
Lemon Zest Broccoli

28

Italian Night Out:
Lasagna, Sausage,
Cheesy Bread Stick
Fresh Caesar Salad

29

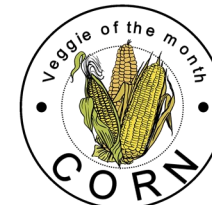
Baked BBQ Chicken
Spiced Winter Squash
Homemade Corn Bread

30

Taco Salad:
Mixed greens,
tomatoes, kidney beans,
cheese, corn chips and guacamole

31

Chicken, Broccoli and Ziti
Fresh Bread Stick



Cheeseburger
Assorted Pizza
Assorted Wraps
Salad Bar

Crispy Chicken Sandwich
Assorted Pizza
Assorted Wraps
Salad Bar

Sweet Sausage, Pepper
and Onion Sub
Assorted Pizza
Assorted Wraps
Salad Bar

Rib-B-Que Sandwich
Assorted Pizza
Assorted Wraps
Salad Bar

Nutrition Tip: Connect with your local farm or farmer's market! Farmer's grow the freshest, most nutritious produce, through sustainable techniques.