

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

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 617-625-6600 x6087

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATIVES
<p>30</p> <p>Chicken Salad Sandwich Celery Sticks</p>	<p>1</p> <p>Sunbutter and Jelly on Wheat with Yogurt Carrot Sticks</p>	<p>2</p> <p>Tuna Sub Cucumbers with Hummus</p>	<p>3</p> <p>Honey Wheat Bagel with cheese stick Pepper Strips</p>	<p>4</p> <p>Crispy Chicken Sandwich Broccoli and Dip</p>	
<p>7</p> <p>Chicken Nuggets Whole Wheat Roll Celery Sticks</p>	<p>8</p> <p>Ham and Cheese Roll-Up Carrot Sticks</p>	<p>9</p> <p>Buffalo Chicken Wrap Cucumbers with Hummus</p>	<p>10</p> <p>Grilled Chicken Sandwich Pepper Strips</p>	<p>11</p> <p>Cheese Pizza Broccoli and Dip</p>	
<p>14</p> <p>NO SCHOOL</p>	<p>15</p> <p>Turkey and Cheese Roll-Up Carrot Sticks</p>	<p>16</p> <p>Meatball Sub Cucumber with Hummus</p>	<p>17</p> <p>Chicken Salad Sandwich Pepper Strips</p>	<p>18</p> <p>Sunbutter and Jelly on Wheat with Yogurt Broccoli and Dip</p>	
<p>21</p> <p>Tuna Sub on Wheat Celery Sticks</p>	<p>22</p> <p>Honey Wheat Bagel with cheese stick Carrot Sticks</p>	<p>23</p> <p>Crispy Chicken Sandwich Cucumbers with Hummus</p>	<p>24</p> <p>Chicken Nuggets Whole Wheat Roll Pepper Strips</p>	<p>25</p> <p>Ham and Cheese Roll-Up Broccoli and Dip</p>	
<p>28</p> <p>Buffalo Chicken Wrap Celery Sticks</p>	<p>29</p> <p>Grilled Chicken Sandwich Carrot Sticks</p>	<p>30</p> <p>Cheese Pizza Cucumbers with Hummus</p>	<p>31</p> <p>Turkey and Cheese Roll-Up Pepper Strips</p>	<p>Student PAID Lunch: \$3.25 <i>"This institution is an equal opportunity provider"</i></p>	