September 2016 Alcott - Thoreau - Willard

LUNCH

Questions or comments: please email Maria Barker, Director of Food and Nutrition Services, at mbarker@concordps@org. Food Allergy? - Please check with cafeteria staff before selecting your meal. USDA is an equal opportunity provider and employer.

Lunch Price is $3.85*, which includes a choice of Veggie, Fruit and Milk. *Students may also select additional vegetables and fruit from the salad bar.* Alternate lunches include a variety of sandwiches, soup of the day, salad bar, and yogurt plate. (Yogurt plate includes string cheese, veggie, fruit, grain of the day, and milk). All alternate lunches include veggie, fruit, and milk. Milk sold separately at a price of $.65. **Menu is subject to change without notice. *New price for 2016-17.**

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug 31 Chicken Patty on Whole Wheat Bun Lettuce and Tomato Baked Fries Fruit Choice	1 Beef Hot Dog on Whole Wheat Bun Baked Vegetarian Beans Fresh Carrots with Dip Fruit Choice	2 Cheese Pizza Slice Romaine Garden Side Salad Dressing Fruit Choice
5 LABOR DAY NO SCHOOL	6 Early Release K-5 NO LUNCH	7 Spaghetti with Meatballs WW Dinner Roll Fresh Veggies with Dip Fruit Choice	8 Popcorn Chicken Mashed Potatoes with Gravy Mixed Veggies Fruit Choice	9 Cheese Pizza Slice Romaine Garden Side Salad Dressing Fruit Choice
12 Baked Chicken Nuggets Dipping Sauce WG Brown Rice, Veggies Fruit Choice	13 Early Release K-5 NO LUNCH	14 Homemade Chicken Caesar Wrap Baked Fries Fruit Choice	15 Taco w/ Beef & Cheese Lettuce & Tomato Mild Tomato Salsa Sweet Corn Fruit Choice	16 Homemade Cheese Pizza Caesar Side Salad Light Dressing Fruit Choice
19 Beef Hot Dog on Whole Wheat Bun Baked Potato Smiles Fresh Carrots with Dip Fruit Choice	20 Early Release K-5 NO LUNCH	21 Homemade Mac & Cheese Bread Basket Green Beans Fruit Choice	22 Muncho Nachos WG Tortilla Chips Lean Meat, Low Fat Cheese Salsa, Lettuce, Tomato Fruit Choice	23 Homemade Pizza (Assorted Varieties) Tossed Side Salad with Chickpeas, Light Dressing Fruit Choice
26 Popcorn Chicken Baked Potato Puffs Three Bean Salad Fruit Choice	27 Early Release K-5 NO LUNCH	28 Mini Cheese Raviolis Sauteed Spinach Warm Bread Stick Fruit Choice	29 Ham & Cheese Croissant Homemade Pasta Salad with Veggies, Fruit Choice Frozen Treat	30 5" Personal Pan Pizza Kale & Romaine Salad Low Fat Dressing Fruit Choice