

Old Colony
Lunch Menu



THE STOVETOP
HOT LUNCHES

September 2016



THE DELI BAR
WRAPS AND SALADS

OFFERED DAILY

Assorted Fruit Cups
Assorted Fresh Fruit
Assorted Veggie Sticks
Side Salads

MILK
Chocolate, Coffee,
Strawberry, 1%, Fat
Free & Lactaid

NACHO LUNCH
Nachos, Cheese, Hummus,
Salsa, Fruit, Vegetable & Milk

Lunch Includes:
* Main Meal, Salad,
Sandwich or Parfait
*Milk
*Fruit
* Vegetable
* Cup of Soup when
available
*one side

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pizza & Caesar Salad	2 No School
5 No School	6 Chicken Nuggets, Fries Bread & Steamed Carrots	7 BBQ Chicken, Macaroni & Cheese Cole Slaw & Bread Stick	8 Sheppard's Pie & Biscuit	9 Stuffed Crust Pizza & Caesar Salad
12 Chicken Parmesan, Spaghetti, Green Beans & Garlic Bread	13 Taco's, Salsa, Cheese, Lettuce, Tomato & Corn & Bean salad	14 Turkey Club, Fries & Cream of Broccoli Soup	15 Teriyaki Beef Stir Fry Bowl or Wrap	16 Buffalo Chicken Pizza & Caesar Salad
19 Chicken Broccoli Alfredo & Garlic Bread	20 Chicken Nuggets, Fries Bread & Steamed Carrots	21 Early Release No Lunches	22 Meatball Sub or Wrap, Fries & Peas	23 Taco Pizza & Garden Salad
26 Asian Chicken Bowl & bread Stick	27 Cheese Quesadilla or Chicken & Cheese Quesadilla with Salsa, Sour Cream & Corn & Bean Salad	28 American Chop Suey, Green Beans & Garlic Bread	29 Crispy Chicken Bowl with Mashed Potatoes & Corn	30 Double Stuffed Stuffed Crust Pizza & Caesar Salad

SERVED DAILY

For Sandwich or Salad:
Turkey, Ham, Tuna, Hard
Boiled Egg, Egg Salad or
Diced Chicken

Tuesday

Cheeseburger Wrap
or Big Mac Wrap

Wednesday

Pilgrim Wrap

Thursday

Burritos

Friday

Crispy Chicken

Alternative Lunch Menu Side	Monday - Hot Dog & Baked Beans	Tues. - Grilled Cheese & Chili	Wed. - Macaroni & Cheese	Thurs. Chicken Patty
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Student Lunch \$3.00
Milk 50¢
Adult Lunch \$4.00



Prepay lunches to make lines move quicker