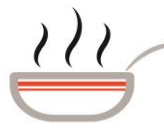


Old Colony  
Lunch Menu



**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

Student Lunch \$3.00  
Milk 50¢  
Adult Lunch \$4.00



Prepay lunches to make lines move quicker