

SEPTEMBER 2015 ELEM./MIDDLE SCHOOL MENU

GAIL KOUTROUBAS,
DIRECTOR

Elementary School Prices

Breakfast \$1.75

Lunch \$2.85



Middle School Prices

Breakfast \$1.75

Lunch \$2.85

Meals include milk,
fresh veggies & fruit.

Assorted **PREORDERED**
gluten free entrees
available. Please contact
your kitchen manager. A
one-time doctor's note
required.

Please be aware we do
not have separate prep
kitchens.

Individual milk = \$.85
8 oz. water = \$.60

WELCOME BACK

Our cafeterias operate on a prepayment system.
Pin numbers are the same as last year. Please
refer to your mailed welcome letter for student
ID numbers for www.sendmoneytoschool.com.

Please visit www.aps1.net and click on Food
Service for nutritional links, free and reduced
applications, menus and more or contact
gkoutroubas@aps1.net or
978-623-8623.

Monday 7



Labor Day

Tuesday 8

Choice of 1
*Meatball sub
*Yogurt parfait, bagel,
fruit, & carrots
*Garden salad & tuna

Middle option
* Chicken Caesar on
flat bread

Served with
*Carrot coins &
cucumber wheels & dip
*BBQ baked beans

Monday 14

No school



Rosh
Hashanah

Tuesday 15

Choice of 1
*Baked mac & cheese
*Bagel, yogurt & fruit
*Mediterranean salad

Elementary option
*Ham & cheese
Middle option
*Southwest chicken
wrap

Served with
*Three bean salad
*Tomato & basil salad

Wednesday 2

Choice of 1
*Grilled hotdog
*Fun fish nuggets & roll

Elementary option

*Grilled cheese

Middle option

*Chicken Caesar pita

Served with

*Veggie crunchers

*Home fries

Wednesday 9

Choice of 1
*Cheesy noodles with
beef & roll
*Grilled cheese

Elementary option

*Salad topped with
cheese

Middle option

*Antipasto salad

Served with

*Broccoli & lemon zest

*Fruit & veggie bar

Wednesday 16

Choice of 1
*Chicken scampi & ziti
*Deluxe turkey &
cheese sandwich

Elementary option
*Chef's salad & pita
Middle option
*Buffalo chicken wrap

Served with

*Colorful marinated
veggies

Thursday 3

Choice of 1
*Chicken tenders &
roll
*Bagel, cheese & fruit
*Chef's salad & pita

Served with
*Tasty green bean
toss
*Roasted potato
wedges

Thursday 10

Choice of 1
*Chicken fajitas
*Bagel lunch with
cheese & fruit
*Caesar salad &
cheese stick

Served with
*Mexican corn
*Whole grain rice



Thursday 17

Choice of 1
*Shepherd's pie &
roasted carrots
* Bagel, yogurt & fruit
*Tuna salad pocket,
carrots & Goldfish

Middle option
*Mediterranean veggie
wrap & Goldfish

Served with
*Farmer's salad

Friday 4

Choice of 1
* Papa Gino's - SOU,
WEL, HP, & WMS
*Pan pizza - SAN,
WH, DMS, & BAN
Both with romaine &
spinach salad
*Manager's choice
sandwich
*Manager's salad
choice

Friday 11

Choice of 1
*Papa Gino's - SAN,
WH, DMS, & BAN
*Pan Pizza- SOU,
WEL, HP, & WMS
Both with farmer's
garden salad
*Manager's choice
sandwich
*Manager's salad
choice

Friday 18

* Papa Gino's - SOU,
WEL, HP, & WMS
*Pan pizza - SAN,
WH, DMS, & BAN
Both with Caesar
salad & fiesta corn
& black bean salad



BREAKFAST SELECTIONS

INCLUDE MILK & FRESH FRUIT

\$1.75

AVAILABLE DAILY



SERVED IN YOUR CAFETERIA
½ HOUR BEFORE THE START OF YOUR SCHOOL DAY.

Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<p>Choice of 1</p> <ul style="list-style-type: none"> *Popcorn chicken with pita bread *Garden salad & hardboiled eggs with pita bread <div style="border: 1px solid black; padding: 5px;"> <p><i>Elementary option</i></p> <ul style="list-style-type: none"> *Grilled cheese <p><i>Middle option</i></p> <ul style="list-style-type: none"> *Steak & cheese on flat bread </div> <p>Served with</p> <ul style="list-style-type: none"> *Baked smiley fries *Carrots & cherry tomatoes 	<p>Choice of 1</p> <ul style="list-style-type: none"> *Rib a q on roll *Herb roasted chicken with dinner roll *Bagel served with yogurt parfait with granola & fruit *Caesar salad with crispy chicken <p>Served with</p> <ul style="list-style-type: none"> *Fresh corn on the cob *Smashed sweet potatoes 	<p>No school</p> <p>Yom Kippur</p>	<p>Choice of 1</p> <ul style="list-style-type: none"> *Sloppy Joes on whole grain roll *Bagel, string cheese, carrot sticks & fruit *Salami & cheese on whole grain bread <div style="border: 1px solid black; padding: 5px;"> <p><i>Middle option</i></p> <ul style="list-style-type: none"> *Blazing hot chicken sandwich </div> <p>Served with</p> <ul style="list-style-type: none"> *Asian cabbage salad *Harvest fries 	<p>*Papa Gino's - SAN, WH, DMS, & BAN</p> <p>*Pan Pizza- SOU, WEL, HP, & WMS</p> <p>Both with carrot sticks, broccoli trees & hummus</p> <p>Q. How is a baseball team like a pancake?</p> <p><i>A. They both need a good batter!</i></p>
Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2
<p>Choices of 1</p> <ul style="list-style-type: none"> *Pancakes, sliced strawberries, ham sticks & sweet potato hash browns *Chicken salad sandwich *Caesar salad with cheese stick & fruit <p>Served with</p> <p>Fruit & veggie bar</p>	<p>Choice of 1</p> <ul style="list-style-type: none"> *Crispy chicken sandwich & fruit *Bagel, mini yogurt & cheese stick <div style="border: 1px solid black; padding: 5px;"> <p><i>Elementary option</i></p> <ul style="list-style-type: none"> *Grilled cheese <p><i>Middle option</i></p> <ul style="list-style-type: none"> *Pulled pork sandwich </div> <p>Served with</p> <ul style="list-style-type: none"> *Baked veggie beans *Carrot sticks *Fresh melon 	<p>Choice of 1</p> <ul style="list-style-type: none"> *American chop suey with garlic bread *Fish nuggets, tartar sauce & roll <div style="border: 1px solid black; padding: 5px;"> <p><i>Elementary option</i></p> <ul style="list-style-type: none"> *Sunbutter & jelly sandwich & Goldfish <p><i>Middle option</i></p> <ul style="list-style-type: none"> *Southwest salad & corn bread </div> <p>Served with</p> <ul style="list-style-type: none"> *Broccoli salad *Onion rings 	<p>Choice of 1</p> <ul style="list-style-type: none"> *Chicken tenders & dip *Bagel, string cheese, veggies & fruit *Chef's salad with pita <p>Served with</p> <ul style="list-style-type: none"> *Green beans *Dinner roll <p>*Roasted red potatoes</p>	<p>Choice of 1</p> <ul style="list-style-type: none"> *Papa Gino's - SOU, WEL, HP, & WMS *Pan pizza - SAN, WH, DMS, & BAN <p>Both with Caesar salad & three bean salad</p> <ul style="list-style-type: none"> *Manager's salad choice <div style="border: 1px solid black; padding: 5px;"> <p><i>Middle option</i></p> <ul style="list-style-type: none"> *Teriyaki chicken wrap </div>

Never go to school on an empty stomach.
Go on a bus instead!

