



September 2015 Shawsheen School Menu








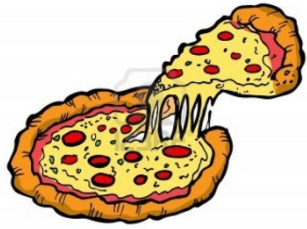


Lunch \$2.85 - All meals come with choice of skim or 1% milk

Individual milk = \$.85

8 oz. water = \$.60

Our cafeterias operate on a prepayment system. Pin and ID numbers are the same as last year. Visit www.aps1.net and click on Food Service for information on Meal Magic, Nutritional Links, Free and Reduced Applications, Menus and www.sendmoneytoschool.com or contact gakoutroubas@aps1.net or 978-623-8623.

WEEK 1 - Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fun Fish with tartar sauce and lemon wedge served with sweet potato wedges or Ham and cheese triangles on pita bread</p> <p>Served with Carrot sticks & unsweetened apple sauce cup</p>	<p>French toast sticks with strawberries or Roast turkey on Goldfish bread & pretzels</p>  <p>Served with Cherry tomatoes & orange sections</p>	<p>Salad box with hardboiled egg, cucumber rounds, pepper strips, sliced cheese, crackers & fresh melon or Grilled hot dog on roll with pepper strips, cucumber rounds, baked beans, & fresh melon</p> 	<p>Chicken nuggets or Sunbutter and jelly sandwich</p> <p>Served with carrot sticks, corn & bean salad, dinner roll, & fruit</p> 	<p>Papa Gino's Pizza, Caesar salad with homemade croutons, juice, & fruit</p> 
WEEK 2 - Monday	Tuesday	Wednesday	Thursday	Friday
<p>Macaroni and cheese, green beans, dinner roll & juice or Trix yogurt, WG pretzel with honey mustard dipper, string cheese, & fruit</p> 	<p>Grilled cheese or Sunbutter and jelly sandwich served with Goldfish, carrot sticks, hummus, unsweetened apple sauce cup, & fresh fruit of the season</p> 	<p>Pasta with meat sauce or marinara sauce, Italian bread, Caesar salad, & fruit salad</p> 	<p>Pancakes with blueberries, sausage links, orange juice, fresh melon & mixed fruit or Ham and cheese triangles on pita, Goldfish pretzels, carrot sticks, & mixed fruit</p>	<p>Papa Gino's pizza, farmer's garden salad, & fresh melon</p> 

NOW INTRODUCING for our Pre School...
SNACK IN THE CLASSROOM!!

SNACK PRICE:
 Elementary- \$1.25

~No longer worry about packing your child a snack
 ~With snack in the classroom, your child may now enjoy a **nutritious snack**
 provided by your school nutrition program!



	Snack Week 1	Snack Week 2
<u>Monday</u>	Cheese & crackers 1% white milk	Yogurt with berries 100% juice
<u>Tuesday</u>	WG rice crispy treat 100% juice	Mini bagel with cream cheese 1% white milk
<u>Wednesday</u>	Yogurt with berries 100% juice	Mini blueberry muffin 1% white milk
<u>Thursday</u>	Animal crackers & orange wedges 1% white milk	Cheese & crackers 100% juice or bottled water
<u>Friday</u>	Crackers & mini carrot sticks 100% juice	WG nutrigrain bar (assorted flavors) 1% white milk

**All students that purchase a snack will receive an
 8oz bottled water free of charge for the month of September!**

*~If your child currently receives free OR reduced lunch benefits,
 Snack in the classroom is **FREE** of charge!*