

JANUARY 2019

Southborough Elementary Schools

Food Allergies:
Please ensure that your child's school nurse and cafeteria manager are aware of any food allergies.

Monday
Tuesday
Wednesday
Thursday
Friday
1

**New Years Day
No School**

2

#1 Chicken Nuggets, Dinner Roll, Steamed Carrots, Assorted Fruit.

3

#1 French Toast Sticks, Maple Syrup, Sausage Patty, Tater Tots, Assorted Fruit.

4

#1 Pizza Dippers with Marinara Sauce, Tossed Salad, Assorted Fruit.

7

#1 Hamburger/Cheeseburger, Sweet Potato Fries, Cucumber Coins, Assorted Fruit.

8

#1 Teriyaki Chicken, Steamed Brown Rice, Mixed Vegetable, Assorted Fruit.

9

#1 Beef Tacos, Refried Beans, Steamed Green Beans, Sour Cream, Salsa, Assorted Fruit.

10

#1 Tomato Soup, Grilled Cheese on WW, Steamed Corn, Assorted Fruit.

11

#1 Sal's Pizza, Cheese or Pepperoni, Tossed Salad, Assorted Fruit.

14

#1 Chicken Quesadilla, Rice with Black Beans, Seasoned Corn, Assorted Fruit.

15

#1 Meatball Sub on WW Sub, Potato Wedges, Celery Sticks, Assorted Fruit.

16

#1 Mozzarella Sticks with Dipping Sauce, Steamed Peas, WW Dinner Roll, Assorted Fruit.

17

#1 Chicken Tenders, WW Dinner Roll, Baked French Fries, Steamed Carrots, Assorted Fruit.

18

#1 Homemade Pizza, Cheese or Pepperoni, Tossed Salad, Assorted Fruit.

21

**MLK Day
No School**

22

#1 Chicken Strips with WW Waffle, Maple Syrup, Roasted Sweet Potato, Assorted Fruit.

23

#1 Macaroni and Cheese, WW Dinner Roll, Steamed Peas, Assorted Fruit.

24

#1 Tangerine Chicken, Brown Rice, Steamed Green Beans, Assorted Fruit.

25

#1 Pizza Dippers with Marinara Sauce, Tossed Salad, Assorted Fruit.

28

#1 Hot Dog on WW Bun, Potato Chips, BBQ Beans, Assorted Fruit.

29

#1 Pop Corn Chicken, Mashed Potatoes, WW Dinner Roll, Steamed Corn, Assorted Fruit.

30

#1 Beef Nachos, Nacho Cheese Sauce, Salsa, Sour Cream, Buttered Carrots, Assorted Fruit.

31

#1 Hamburger/Cheeseburger, Baked French Fries, Cucumber Coins, Assorted Fruit.

ALTERNATE LUNCHES A: PB and Jelly or PB Fluff **B:** PB Only **C:** Cheese sandwich **Also available:** Bagel Lunch Box.

Available Daily Lunch Box: includes sandwich on WW bread, veggie sticks or hot vegetable of the day, cheese stick and fruit.

Lunch Price: \$3.00 Reduced Lunch: \$.40 Milk: \$.60 All meals must come with a fruit or vegetable. WW=Whole Wheat, RF= Reduced Fat