

# Welcome to our Lunch Cafe @ Winchester Lynch Elem

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL 	2 Soft Taco <i>fiesta-style meat with melted cheese arranged in a soft taco shell</i> With Salsa Corn And Brown Rice Or Chicken Delight Wrap All With Sliced Peaches	3 BBQ Chicken Sandwich <i>baked chicken smothered in BBQ sauce on a bun</i> With Baked Beans And Cinnamon & Honey Roasted Beans Or Antipasto Salad with Dinner Rolls (P) (V) All With Applesauce Or Fresh Empire Apple	4	5
8 Cheese Pizza With Side Salad Or Tuna & Cheese Wrap <i>tuna salad with cheese, lettuce and tomato on a wrap</i> (V) (V) All With Fresh Red Delicious Apple Or Sliced Peaches	9 Cheesy Pasta Bake with Meat Sauce <i>pasta oven-baked with cheese and meat sauce</i> (V) With Green Beans And Whole Wheat Dinner Roll Or Chicken Caesar Salad All With Diced Peaches Or Fresh Grapes	10 Memphis Blues Dog <i>hot dog on a bun, topped with BBQ sauce, shredded cheddar and scallions</i> (V) With Baked Beans And Carroteenies Or Turkey Club Wrap (V) All With Mixed Fruit Or Fresh Banana	11 Cheese Pizza (V) (V) With Carrot Sticks And All Natural Light Ranch Dressing Or Egg Salad Sandwich <i>fresh mixed egg salad on assorted bread options</i> (V) (V) All With Dried Cranberries	12 Pancakes with Ham <i>light and fluffy pancakes served with thinly sliced ham</i> (P) With Scrambled Eggs And Cinnamon Apple Slices Carroteenies Or Ham and Cheese Sandwich <i>Ham and Cheese Sandwich</i> (P) All With Fresh Granny
15 NO SCHOOL 	16 Fiesta Chicken Rice Bowl <i>rice topped with beans, chicken, corn and cheese</i> (V) Garden Salad And Whole Wheat Dinner Roll Or American Combo Sandwich (P) (V) All With Mixed Fruit	17 Cheeseburger Oven Baked Fries With Side of Carrots Or Garden Salad with Chicken Salad (V) All With Sliced Peaches	18 Cheese Pizza (V) (V) With Roasted Lemon Parmesan Broccoli Or Ham & Cheese Sushi Roll <i>thinly sliced ham and American cheese rolled up sushi style in whole wheat bread</i> (P) All With Applesauce	19 Roast Pork Loin <i>pork loin rubbed with spices and roasted</i> (P) (V) With Mashed Potatoes And Corn Whole Wheat Dinner Roll Or Turkey & Cheese Sandwich All With Dried Cranberries Or Fresh Orange
22 Cheese Pizza (V) (V) With Corn Or Chicken Salad Sandwich <i>a deli classic: chicken salad and crisp lettuce on soft bread</i> (V) All With Mixed Fruit Or Fresh Tangerine	23 Mac & Cheese Chicken and Broccoli (V) With Garden Salad And Whole Wheat Dinner Roll Or Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> (V) All With Applesauce	24 Teriyaki Chicken Wrap <i>tender Teriyaki chicken breast, lettuce, tomato and mayo on a whole wheat wrap</i> (V) With Peas And Brown Rice Or Bagel with String Cheese (V) All With Fresh Empire Apple Or Diced Pears	25 Cheese Pizza (V) (V) With Green Beans Or Roast Beef Sandwich <i>thinly sliced roast beef sandwich</i> All With Mixed Fruit	26 Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> With Brown Rice And Mixed Vegetables Or Tuna Salad Sandwich (V) (V) All With Fresh Granny Smith Apple Mixed Fruit
29 Cheese Pizza (V) (V) With Cucumber Coins Or Buffalo Chicken Wrap <i>warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato</i> (V) All With Fresh Empire Apple Or Mixed Fruit	30 Tangerine Dream Chicken Rice Bowl <i>Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers</i> (V) With Whole Wheat Dinner Roll Or Ham and Cheese Sandwich (P) All With Mixed Fruit	31 Early Release  K-12	   <p>We proudly support clean, organic, local and sustainable agriculture.</p>	

## SIMPLY ROOTED™ in food and family

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve



to our young customers.  
Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



### Lunch Prices Reimb. \$3.25

Reduced	\$0.40
Milk	\$0.75
4 oz Juice	\$0.75
Soy Milk	\$1.50

### AVAILABLE DAILY

Garden Salad; mixed greens, tomato, cucumber, carrots, LF cheese, LF dressing & dinner roll or Peanut Butter & Jelly Sandwich

### Lunch Includes:

Choice of Vegetable or Carroteenies, Fresh Assorted Fruit or Cupped Fruit & Milk Choice

Manage your child's account on line, make payments, view account and transactions. Visit [www.myschoolbucks.com](http://www.myschoolbucks.com)

Questions or additional information please contact Food Service Director Trina Scotti @ 781-721-7000 ext. 4242 / 4232

(V) VEGETARIAN (V) MADE WITH ALL NATURAL INGREDIENTS (P) PORK (V) VEGAN (V) MADE WITH ORGANIC INGREDIENTS

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.