

Welcome to our Lunch Cafe @

Winchester Lynch Elem

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday



We proudly support clean, organic, local and sustainable agriculture.

<p>2 Cheese Pizza <i>crispy pizza dough topped with tomato sauce and melted cheese</i> With Caesar Salad Or Turkey Sandwich <i>thinly sliced turkey sandwich</i> All With Diced Peaches Or Fresh Empire Apple</p>	<p>3 Grilled Ham and Cheese Sandwich With Tomato Soup And Carrot Sticks Or Egg Salad Plate with 2 Dinner Rolls All With Dried Cranberries Or Pear</p>	<p>4 BBQ Chicken Sandwich <i>baked chicken smothered in BBQ sauce on a bun</i> With Baked Scoops Pickle Chips And Green Beans Or Chicken Caesar Wrap All With Applesauce Or Fresh Orange</p>	<p>5 Cheese Pizza With Side Salad <i>side salad with tomato and cucumber</i> And Light Italian Dressing Or BLT Wrap with Cheese All With Diced Peach Cup Or Fresh Red Delicious</p>	<p>6 Pancakes & Sausage With Maple Syrup And Celery Or Chicken Delight Wrap <i>chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla</i> All With Apple Slices</p>										
<p>9 NO SCHOOL Columbus Day </p>	<p>10 Chicken Tenders With Brown Rice And Corn Whole Wheat Dinner Roll Or Crudite & Cheese Platter All With Mixed Fruit Or Fresh Tangerine</p>	<p>11 Bean & Veggie Burrito With Lemon Marinated Carrots And Cinnamon Apple Slices Or Roast Beef and Cheese Sandwich All With Fresh Red Grapes</p>	<p>12 Cheese Pizza With Broccoli Florets All Natural Light Ranch Dressing Or Tuna & Cheese Wrap All With Diced Pears</p>	<p>13 Cheese Ravioli with Meat Sauce With Garden Salad Or Bologna Sandwich <i>thinly sliced bologna sandwich</i> All With Fresh Granny Smith Apple Or Mixed Fruit</p>										
<p>16 Cheese Pizza With Carroteenies Or Antipasto Salad with Dinner Rolls <i>salami, provolone, swiss cheese, garbanzo beans and fire roasted peppers over garden salad</i> All With Fresh Orange Or Mixed Fruit</p>	<p>17 Baked Chicken With Brown Rice And Sauteed Corn & Black Bean Salsa Or Egg Salad Sandwich <i>fresh mixed egg salad on assorted bread options</i> All With Mixed Fruit</p>	<p>18 Pizza Burger <i>burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a bun</i> With Fiesta Corn And Tator Tots Or Tuna Salad Sandwich <i>tuna salad on fresh bread</i> All With Fresh Red Grapes</p>	<p>19 Cheese Pizza With Tomato Salad Or Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> All With Pear Or Applesauce</p>	<p>20 Pasta Alfredo with Chicken & Broccoli <i>pasta with alfredo sauce, grilled chicken strips and broccoli florets</i> With Caesar Salad And Whole Wheat Dinner Roll Or Chicken Ranch Wrap</p>										
<p>23 Cheese Pizza With Side of Carrots Or Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons</i> All With Fresh Grapefruit Or Mixed Fruit</p>	<p>24 Shepherd's Pie <i>meat and vegetables covered in mashed potatoes, cheese, and gravy</i> With Green Bean Salad And Garlic Bread Or Greek Salad All With Mixed Fruit Or Fresh Orange</p>	<p>25 Early Release K-5</p>	<p>26 Early Release K-5</p>	<p>27 Early Release K-5</p>										
<p>30 Cheese Pizza With Steamed Broccoli Or Buffalo Chicken Wrap <i>warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato</i> All With Fresh Empire Apple Or Mixed Fruit</p>	<p>31 Quesadilla Santa Fe <i>chicken, cheddar, roasted peppers and corn over tortilla wrap spread with salsa, folded and grilled</i> With Peas and Carrots And Garden Salad Or Nachos with Cheese All With Mixed Fruit</p>	<p>Lunch Prices</p> <table border="0"> <tr> <td>Reimb.</td> <td>\$3.25</td> </tr> <tr> <td>Reduced</td> <td>\$0.40</td> </tr> <tr> <td>Milk</td> <td>\$0.75</td> </tr> <tr> <td>4 oz Juice</td> <td>\$0.75</td> </tr> <tr> <td>Soy Milk</td> <td>\$1.50</td> </tr> </table>			Reimb.	\$3.25	Reduced	\$0.40	Milk	\$0.75	4 oz Juice	\$0.75	Soy Milk	\$1.50
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SIMPLY ROOTED™ *in food and family*

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



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

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