






Welcome to our Lunch Cafe @

Tyngsborough Elementary

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>No School</p>	<p>2</p> <p>1 - Chicken Nuggets <i>crispy breaded chicken nuggets perfect for dipping in your favorite sauce</i></p> <p>2 - Pizza Bites</p> <p>3 - Yogurt Lunch</p> <p>Oven Baked Fries Side of Carrots Diced Pears Fresh Orange</p>	<p>3</p> <p>1 - Mac & Cheese</p> <p>2 - Grilled Cheese</p> <p>Side Salad Green Beans Carroteenies Fresh Grapes Diced Peaches</p> <p>All With David's Confetti Cookie</p> <p>IT'S STUDENT APPRECIATION DAY</p>	<p>4</p> <p>Snow Day</p> <p>No School</p>	<p>5</p> <p>Snow Day</p> <p>No School</p>
<p>8</p> <p>1 - Nachos Grande</p> <p>2 - Crispy Chicken Sandwich</p> <p>3 - Yogurt, Cereal, Cheese Stick & Roll</p> <p>Black Beans Garden Salad Fresh Red Delicious Apple Pineapple Tidbits</p>	<p>9</p> <p>1 - Chicken Bowl with Gravy <i>popcorn chicken layered with mashed potatoes and corn, smothered in gravy</i></p> <p>2 - Yogurt Lunch</p> <p>Veggie Dippers Honeydew and Cantaloupe Cup Diced Peaches</p>	<p>10</p> <p>Early Release</p> <p>No Lunch</p>	<p>11</p> <p>1 - Pancakes With Hash Browns Turkey Sausage links</p> <p>2 - Beef Hot Dog on Bun Baked Beans Fresh Banana Mixed Fruit</p> <p>BRUNCH FOR LUNCH TODAY!</p>	<p>12</p> <p>1 - Cheese Pizza</p> <p>2 - Pepperoni Pizza</p> <p>3 - Nachos with Cheese</p> <p>All With Oven Baked Fries Side Salad Diced Peaches Fresh Red Delicious Apple</p>
<p>15</p>  <p>No School</p>	<p>16</p> <p>1 - Cheeseburger</p> <p>2 - Cheese Pizza</p> <p>3 - Yogurt Lunch</p> <p>All With Oven Baked Fries Roasted Butternut Squash Glazed Carrots Diced Peach Cup Fresh Grapes</p>	<p>17</p> <p>1 - Beef and Tomato Macaroni Casserole</p> <p>2 - Grilled Cheese</p> <p>Side Salad Green Beans Fresh Banana Diced Pears</p>	<p>18</p> <p>1 - French Toast Sausage Patty And Hash Browns</p> <p>2 - Beef Hot Dog on Bun With Kidney Beans</p> <p>3 - Yogurt Lunch</p> <p>Honeydew and Cantaloupe Cup Diced Peaches</p> <p>BRUNCH FOR LUNCH TODAY!</p>	<p>19</p> <p>1 - Cheese Pizza</p> <p>2 - Pepperoni Pizza</p> <p>3 - Nachos with Cheese</p> <p>All With Garden Salad Steamed Broccoli Fresh Red Delicious Apple And Mixed Fruit</p>
<p>22</p> <p>1 - Crispy Tacos</p> <p>2 - Crispy Chicken Sandwich</p> <p>3 - Yogurt, Cereal, Cheese Stick & Roll</p> <p>Brown Rice Kidney Beans Corn Melon Cup Diced Pears</p>	<p>23</p> <p>1 - Chicken Nugget & Mozzarella Stick Combo</p> <p>2 - Yogurt Lunch</p> <p>Oven Baked Fries Side of Carrots Fresh Grapes Diced Pears</p>	<p>24</p> <p>1 - Pasta & Meat Sauce</p> <p>2 - Grilled Cheese</p> <p>Side Salad Cucumber Coins Carrot Sticks Diced Peaches Fresh Orange</p>	<p>25</p> <p>1 - Pancakes & Sausage</p> <p>2 - Beef Hot Dog on Bun Tator Tots Baked Beans Fresh Banana Cinnamon Applesauce</p> <p>BRUNCH FOR LUNCH TODAY!</p>	<p>26</p> <p>1 - Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i></p> <p>2 - Nachos with Cheese</p> <p>Broccoli Side Salad Strawberry Cup Fresh Red Delicious Apple</p>
<p>29</p> <p>1 - Nachos Grande</p> <p>2 - Crispy Chicken Sandwich</p> <p>3 - Yogurt, Cereal, Cheese Stick & Roll</p> <p>Black Beans Garden Salad Fresh Red Delicious Apple Pineapple Tidbits</p>	<p>30</p> <p>1 - Popcorn Chicken & Pizza Bite Combo</p> <p>2 - Yogurt Lunch</p> <p>Oven Baked Fries Roasted Butternut Squash Side of Carrots Diced Pears Fresh Orange</p>	<p>31</p> <p>1 - Shepherd's Pie <i>meat and vegetables covered in mashed potatoes, cheese, and gravy</i></p> <p>2 - Stuffed Bread Sticks</p> <p>Fresh Grapes Diced Peaches David's Chocolate Chip Cookie</p> <p>IT'S STUDENT APPRECIATION DAY</p>	   <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:
Full Price...\$2.80
Reduced Price...\$0.40
Milk...\$0.50
Juice...\$0.50
If you have any questions please call Tracy Demers at 978-649-3671

Available Daily

Turkey and Cheese, Ham and Cheese, on Whole wheat Bread.
Fresh Assorted Salads served with a choice of dressing and a dinner roll.

Lunch includes a choice of fresh fruits and vegetables and a choice of 1% white or fat free chocolate or strawberry milk.

 VEGETARIAN
  MADE WITH ALL NATURAL INGREDIENTS
  PORK
  VEGAN
  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.