

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Boars Head Deli: Buffalo Chicken, Turkey, Ham, Chicken, & Egg Salad on W.W. Wraps

Plain and Pepperoni Pizza served daily on W.W. dough topped with low fat mozzarella cheese

Offered Daily: Cheeseburgers, Chicken Patties, Veggie Burgers or Turkey Burgers on W.W. Rolls

Daily Offerings: Romaine Lettuce w/ Tomato, Cucumbers, Celery, Carrot, Red Peppers, Apples, Oranges

*USDA is an equal opportunity provider, employer, and lender.

MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE
AT LEAST 2 TYPES OF MILK AVAILABLE DAILY: 1% LOW FAT UNFLAVORED, FAT FREE FLAVORED, FAT FREE UNFLAVORED
AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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Tyngsborough High School From 9/4/2017 To 9/8/2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		BLT Sandwich <i>crispy bacon, fresh lettuce and tomato on whole wheat bread</i> ♪	Jumbo Turkey Sub <i>turkey and American cheese with lettuce and tomato on a French baguette</i>	All American Sandwich <i>roast beef and ham on a club roll with Swiss and American cheeses, lettuce and tomato</i> ♪	Summer Chicken Salad Sandwich <i>a new twist on a deli favorite: classic chicken salad with grapes, celery on a club roll with crisp lettuce and tomato</i> ♡
		Grilled Cheese & Tomato Sandwich <i>melted American cheese with juicy fresh tomato between two slices of grilled whole wheat bread</i> ♣	Balsamic Chicken Panini <i>marinated chicken breast and mozzarella cheese with a balsamic glaze on a whole wheat panini</i>	Italian Stallion Panini <i>pepperoni, ham, mozzarella and lettuce on whole wheat panini bread</i> ♪	Big Bird Panini <i>grilled oven roasted turkey breast, crispy bacon and American cheese on panini bread</i>
Boars Head Deli: Buffalo Chicken, Turkey, Ham, Chicken, & Egg Salad on W.W. Wraps					
		Hawaiian Pizza Slice <i>ham and pineapple chunks over a cheese pizza slice, made with a whole wheat crust</i> ♪	Sausage & Cheese Calzone <i>pork sausage, ricotta and mozzarella cheeses tucked into a whole grain pizza crust</i>	BBQ Chicken Pizza <i>fresh whole grain pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro</i>	Cheesy Stuffed Breadsticks <i>gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce</i> ♣
Plain and Pepperoni Pizza served daily on W.W. dough topped with low fat mozzarella cheese					
		Chicken Stir Fry <i>chicken stir fry with onions, carrots, peppers, broccoli, peas and corn, in a sesame garlic sauce</i> Brown Rice WW Dinner Roll	Burger Bar <i>all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun</i> ♡ Oven Baked Fries	Meatball Hero <i>beef meatballs with tomato sauce on a whole wheat kaiser roll</i>	Chicken Nugget & Mozzarella Stick Combo <i>everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce</i>
		Crispy Chicken Taco <i>fiesta style chicken wrapped in a crispy tortilla shell with cheddar cheese, lettuce and salsa</i>	Veggie Enchilada <i>crispy tortilla stuffed with cheddar cheese, peppers and onions, black beans and salsa</i> ♣	Chicken Burrito <i>fiesta chicken with black beans, rice, cheddar and lettuce, wrapped in a tortilla</i> Refried Beans	Loaded Beef Nachos <i>crispy tortilla chips with Mexi beef, cheese sauce, sour cream and pico de gallo</i> Mild Salsa
		Texas Rib Sandwich <i>boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun</i> Lettuce & Tomato	Bacon Cheeseburger <i>beef burger patty topped with crispy bacon strips on a whole wheat bun</i> ♪ Romaine & Cherry Tomato Salad	Spicy Chicken Sandwich <i>a boldly spiced crispy chicken breast fillet on a soft bun</i> Veggie Burger <i>a vegetarian burger</i>	Veggie Burger <i>a vegetarian burger made from fall veggies, black beans and rice, on a whole wheat hamburger bun</i> ♣ ♡ BLT Cheeseburger <i>with lettuce and tomato</i>
Offered Daily: Cheeseburgers, Chicken Patties, Veggie Burgers or Turkey Burgers on W.W. Rolls					
		Peach Cup Fresh Fruit Cup	Caesar Salad Broccoli Florets Cinnamon Applesauce Fresh Orange	Mixed Fruit Fresh Apple	Sliced Peaches Fresh Fruit Cup
Daily Offerings: Romaine Lettuce w/ Tomato, Cucumbers, Celery, Carrot, Red Peppers, Apples, Oranges					

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Tyngsborough High School From 9/11/2017 To 9/15/2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>American Hero Sandwich Boar's Head turkey and ham with mozzarella cheese, lettuce and tomatoes on a club roll</p>	<p>Chicken Caesar Sandwich crispy chicken patty with fresh lettuce, tomato and Caesar dressing on a Kaiser roll</p>	<p>Boars Head Bologna Sandwich a deli classic: thinly sliced Boars Head bologna with lettuce on soft whole wheat bread</p>	<p>Boars Head BBQ Chicken Sandwich thick slices of Boars Head BBQ chicken with lettuce on whole wheat bread</p>	<p>Dagwood Sandwich Boar's Head turkey breast, ham and genoa salami with Swiss and American cheese on a club roll with lettuce and tomato</p>
	<p>Grilled Ham & Bacon Melt gooey American cheese with layers of ham and crisp bacon melted between two slices of toasty bread</p>	<p>Italian Stallion Panini pepperoni, ham, mozzarella and lettuce on whole wheat panini bread</p>	<p>Big Bird Panini grilled oven roasted turkey breast, crispy bacon and American cheese on panini bread</p>	<p>Roasted Vegetable Panini roasted zucchini, eggplant and garlic, with mozzarella and balsamic glaze, served on herb focaccia</p>	<p>Chicken & Cheese Panini grilled chicken breast, mozzarella cheese, lettuce and tomato on whole wheat roll</p>
<p>Boars Head Deli: Buffalo Chicken, Turkey, Ham, Chicken, & Egg Salad on W.W. Wraps</p>					
	<p>Taco Pizza fiesta style beef, mozzarella, parmesan and pizza sauce on whole wheat crust brushed with garlic and oil</p>	<p>Pizza Bagel a toasty bagel topped with pizza sauce and melted mozzarella</p>	<p>Bacon Pizza whole wheat pizza dough topped with tomato sauce, cheese and crispy bacon</p>	<p>Chicken Caesar Pizza whole wheat pizza dough topped with grilled chicken and caesar salad</p>	<p>Classic Calzone garlic toasted whole grain calzone filled with ham, ricotta and melted cheeses</p>
<p>Plain and Pepperoni Pizza served daily on W.W. dough topped with low fat mozzarella cheese</p>					
	<p>Chicken Parmesan Over Pasta traditional chicken parmesan topped with pomodoro sauce and melted mozzarella cheese, served over a bed of pasta WW Dinner Roll</p>	<p>Beef Sliders with Cheese two homemade all beef sliders on a mini bun, topped with American cheese Oven Baked Fries Glazed Carrots</p>	<p>Cheeseburger Mac & Cheese pasta and ground beef tossed in an American and cheddar cheese sauce Peas and Carrots Whole Wheat Dinner Roll</p>	<p>French Toast Sticks crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup Hash Browns Pork Sausage Patty</p>	<p>Chicken Nugget & Mozzarella Stick Combo everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce</p>
	<p>Turkey & Cheese Quesadilla fiesta style turkey and shredded cheddar cheese with salsa pressed between two grilled tortillas Mild Salsa</p>	<p>Chicken Taco Salad a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream Mild Salsa</p>	<p>Beefy Burrito fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla Mild Salsa</p>	<p>Bacon & Tomato Quesadilla crispy bacon, fresh tomato and mozzarella inside a grilled folded tortilla with pico de gallo and sour cream Refried Beans Mild Salsa</p>	<p>Cowboy Chili chunky beef chili with tomatoes, spicy peppers and beans topped with cheddar cheese Corn Bread Mild Salsa</p>
	<p>Veggie Burger veggie burger topped with lettuce, tomato and mayo on whole wheat bun Crispy Chicken & Cheese Sandwich</p>	<p>Texas Rib Sandwich boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun Romaine & Cherry</p>	<p>Grilled Ham & Bacon Melt gooey American cheese with layers of ham and crisp bacon melted between two slices of toasty bread</p>	<p>Smokehouse Chicken Sandwich tender white meat chicken patty topped with bbq sauce on a soft bun Romaine & Cherry</p>	<p>Wild West Grilled Cheese melted American cheese topped with mild salsa and honey mustard dressing on grilled whole wheat</p>
<p>Offered Daily: Cheeseburgers, Chicken Patties, Veggie Burgers or Turkey Burgers on W.W. Rolls</p>					
	<p>Fresh Peach Mixed Fruit</p>	<p>Fresh Fruit Cup Strawberry Cup</p>	<p>Celery Sticks w/ Ranch Dip Cinnamon Apples Mixed Fruit</p>	<p>Diced Pears Fresh Orange</p>	<p>Broccoli Florets Kidney Beans Fresh Fruit Cup</p>
<p>Daily Offerings: Romaine Lettuce w/ Tomato, Cucumbers, Celery, Carrot, Red Peppers, Apples, Oranges</p>					

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AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN ITEM, FRUIT CHOICE & MILK CHOICE

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Tyngsborough High School From 9/18/2017 To 9/22/2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Egg Salad on a Pita*
tasty egg salad in a whole wheat Pita with lettuce and tomato

Ham & Cheese Sandwich
Boar's Head ham and American cheese on a whole wheat kaiser roll

Rumble Seat Sandwich
roast beef, mozzarella cheese, sautéed onions and peppers on a whole wheat Kaiser roll

Jumbo Turkey Sub
turkey and American cheese with lettuce and tomato on a French baguette

All American Sandwich
roast beef and ham on a club roll with Swiss and American cheeses, lettuce and tomato



Buffalo Chicken Panini
buffalo chicken with lettuce and tomato on a whole wheat panini

Boston's Favorite Panini
turkey breast, ham and Swiss with lettuce and tomato on whole wheat panini bread

Roast Turkey Panini
turkey breast, Swiss cheese, lettuce and tomato on whole wheat panini bread

Grilled Mozzarella Panini
melted mozzarella on a grilled whole wheat panini

Chicken & Cheese Panini
grilled chicken breast, mozzarella cheese, lettuce and tomato on whole wheat roll

Boars Head Deli: Buffalo Chicken, Turkey, Ham, Chicken, & Egg Salad on W.W. Wraps



Chicken Parmesan Calzone
garlic toasted pizza crust, stuffed with ricotta cheese, melted mozzarella and diced chicken cutlet

Pepper Pizza
fresh whole grain pizza dough topped with marinara sauce, mozzarella cheese and sliced peppers

Pizza Bagel
a toasty bagel topped with pizza sauce and melted mozzarella

Chicken Caesar Pizza
whole wheat pizza dough topped with grilled chicken and caesar salad

Sausage Pizza
whole wheat pizza crust topped with tomato sauce, cheese and pork sausage

Plain and Pepperoni Pizza served daily on W.W. dough topped with low fat mozzarella cheese



Pasta, Pasta, Pasta
pasta with the sauce of your choice: Alfredo, marinara or bolognese
Garlic Bread

Popcorn Chicken Bowl
popcorn chicken, mashed potatoes, corn and gravy, served with a dinner roll
Orange Glazed Carrots
Whole Wheat Dinner Roll

Roast Turkey Breast with Gravy
tender roasted turkey smothered in gravy
Homeblended Vegetable Medley
Mashed Potatoes
Whole Wheat Dinner Roll

Waffles & Sausage
light and crisp whole grain waffles served with a sausage patty
Baked Tater Tots
Vegetarian Baked Beans

Chicken Nugget & Mozzarella Stick Combo
everyone's two favorite foods on one plate!
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce



Loaded Chicken Nachos
tortilla chips topped with fiesta chicken and cheese sauce
Corn
Mild Salsa

Soft Beef Taco
fiesta style beef wrapped in a flour tortilla with pico de gallo, cheese and lettuce
Mild Salsa

Chicken Taco Salad
a crispy tortilla bowl topped with lettuce, beans, chicken, jalapenos, pico de gallo, cheddar and sour cream
Mild Salsa

Soft Beef Taco
fiesta style beef wrapped in a flour tortilla with pico de gallo, cheese and lettuce
Mild Salsa
Red Beans & Rice

Loaded Beef Nachos
crispy tortilla chips with Mexi beef, cheese sauce, sour cream and pico de gallo
Mild Salsa



Spicy Chicken Sandwich
a boldly spiced crispy chicken breast fillet on a soft bun
Romaine & Cherry Tomato Salad

Bacon Cheeseburger
beef burger patty topped with crispy bacon strips on a whole wheat bun
Romaine & Cherry

Texas Rib Sandwich
boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun
Lettuce & Tomato

Grilled Cheese with Bacon
grilled American cheese with layers of crisp bacon on toasty whole wheat bread
Romaine & Cherry

Spicy Chicken Sandwich
a boldly spiced crispy chicken breast fillet on a soft bun
Romaine & Cherry Tomato Salad

Offered Daily: Cheeseburgers, Chicken Patties, Veggie Burgers or Turkey Burgers on W.W. Rolls



Romaine Lettuce
Fresh Fruit Cup
Mixed Fruit

Romaine Lettuce
Caesar Salad
Fresh Fruit Cup
Mixed Fruit

Sweet Red Pepper Strips
Mixed Fruit
Fresh Fruit Cup

Romaine Lettuce
Cinnamon Apples
Banana

Romaine Lettuce
Green Pepper Slices
Fresh Fruit Cup
Mixed Fruit

Daily Offerings: Romaine Lettuce w/ Tomato, Cucumbers, Celery, Carrot, Red Peppers, Apples, Oranges

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Tyngsborough High School From 9/25/2017 To 9/29/2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



American Sub Sandwich
roast beef and turkey breast on a whole wheat roll with lettuce and tomato

Cold Cut Combo Sandwich
Boar's Head salami, bologna, ham and turkey with american cheese on a club roll with lettuce and tomato

Athenian Hero
fresh cucumbers, tomatoes, black olives and feta cheese on a whole wheat club roll

Harvest Classic Sandwich
ham and mozzarella cheese with lettuce and tomato on a club roll

Love at First Bite Sandwich
Boar's Head turkey breast and American cheese with lettuce and tomato on a club roll spread with Thous. Isl. dressing



Grilled Ham & Bacon Melt
gooey American cheese with layers of ham and crisp bacon melted between two slices of toasty bread

Honey Baked Ham Panini
honey glazed ham with lettuce and tomato on a whole grain Panini crust

Roast Turkey Panini
turkey breast, Swiss cheese, lettuce and tomato on whole wheat panini bread

Chicken & Cheese Panini
grilled chicken breast, mozzarella cheese, lettuce and tomato on whole wheat roll

Ham & Cheese Panini
thinly sliced ham and melted mozzarella on panini bread served hot and toasty

Boars Head Deli: Buffalo Chicken, Turkey, Ham, Chicken, & Egg Salad on W.W. Wraps



Meat Lovers Pizza
fresh whole grain pizza dough topped with fresh mozzarella, sausage, meatballs and pepperoni

French Bread Pizza
marinara sauce and mozzarella cheese on a french baguette

Pepperoni Calzone
whole grain calzone with pepperoni and ricotta cheese

BBO Chicken Pizza
whole wheat pizza topped with mozzarella cheese and crispy BBO chicken

Pizza Bagel
a toasty bagel topped with pizza sauce and melted mozzarella

Plain and Pepperoni Pizza served daily on W.W. dough topped with low fat mozzarella cheese



Cheeseburger Mac & Cheese
pasta and ground beef tossed in an American and cheddar cheese sauce
Peas
French Bread

Chicken Noodle Bowl
noodles with chicken and choice of vegetables in broth
WW Dinner Rolls (2)

Meatloaf with Gravy
savory beef meatloaf with a hearty brown gravy
Steamed Broccoli
Mashed Potatoes
WW Dinner Roll

Chicken & Vegetable Dumplings
a flavorful combination of chicken and veggies tucked into a soft dumpling shell
Seared Peppers,
Mushrooms & Spinach

Chicken Nugget & Mozzarella Stick Combo
everyone's two favorite foods on one plate!
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce



Fiesta Taco Salad
fiesta style beef, lettuce and tomatoes served on a whole wheat tortilla bowl
Mild Salsa

Beefy Burrito
fiesta style beef with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla
Mild Salsa

Chicken & Cheddar Enchilada
crispy chicken tortilla baked with chili sauce and cheddar, topped with pico de gallo and sour cream
Mild Salsa

Cheddar Quesadilla
melted cheddar cheese inside a grilled folded tortilla with pico de gallo
Mild Salsa

Loaded Beef Nachos
crispy tortilla chips with Mexi beef, cheese sauce, sour cream and pico de gallo
Mild Salsa



Chicken Parm Sandwich
lightly breaded chicken breast patty topped with melted mozzarella and tomato sauce on a toasted whole grain

Texas Rib Sandwich
boneless BBO rib meat slathered in tangy barbecue sauce and served on a soft bun
Romaine & Cherry

BLT Cheeseburger
with lettuce and tomato on a whole wheat bun
Romaine & Cherry
Tomato Salad

Grilled Ham & Bacon Melt
gooey American cheese with layers of ham and crisp bacon melted between two slices of toasty bread

Bacon Cheeseburger
beef burger patty topped with crispy bacon strips on a whole wheat bun
Lettuce & Tomato

Offered Daily: Cheeseburgers, Chicken Patties, Veggie Burgers or Turkey Burgers on W.W. Rolls



Cinnamon Applesauce Pineapple Cup

Carroteenies Orange Fresh Peach

Sweet Red Pepper Strips Homemade Fruit Cocktail Fresh Fruit Cup

Fresh Fruit Cup Mixed Fruit

Fresh Fruit Cup Mixed Fruit

Daily Offerings: Romaine Lettuce w/ Tomato, Cucumbers, Celery, Carrot, Red Peppers, Apples, Oranges

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