

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Offered Daily: Cheeseburger, Chicken Patty, Veggie Burgers or Turkey Burgers on W.W. Rolls.

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

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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 Middle School From 9/4/2017 To 9/8/2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		Garden Salad with Cheese & Yogurt <i>grape tomatoes, celery, carrots and mozzarella cheese over a bed of romaine lettuce, served with 2 dinner rolls and a low fat vanilla yogurt</i>	Bagel & String Cheese Meal <i>white wheat bagel served with a string cheese and a red apple</i>	Diced Chicken Garden Salad with 2 Dinner Rolls <i>diced chicken on a bed of lettuce with cucumbers, carrots and tomatoes</i>	Bagel and Organic Yogurt Lunch <i>whole wheat bagel, low fat mozzarella sticks and organic yogurt</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>
		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 with lettuce and tomato</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: Cheeseburger, Chicken Patty, 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 Middle School From 9/11/2017 To 9/15/2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Bagel and Organic Yogurt Lunch
whole wheat bagel, low fat mozzarella sticks and organic yogurt

Hoppin' John Salad with Dinner Rolls
tossed greens topped with sweet sausage, red potatoes, onions and okra

Bagel and Organic Yogurt Lunch
whole wheat bagel, low fat mozzarella sticks and organic yogurt

Turkey Sandwich
thinly sliced turkey breast with crisp lettuce on soft whole wheat bread

Bagel and Organic Yogurt Lunch
whole wheat bagel, low fat mozzarella sticks and organic yogurt



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

Italian Stallion Panini
pepperoni, ham, mozzarella and lettuce on whole wheat panini bread

Big Bird Panini
grilled oven roasted turkey breast, crispy bacon and American cheese on panini bread

Roasted Vegetable Panini
roasted zucchini, eggplant and garlic, with mozzarella and balsamic glaze, served on herb focaccia

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



Taco Pizza
fiesta style beef, mozzarella, parmesan and pizza sauce on whole wheat crust brushed with garlic and oil

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

Bacon Pizza
whole wheat pizza dough topped with tomato sauce, cheese and crispy bacon

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

Classic Calzone
garlic toasted whole grain calzone filled with ham, ricotta and melted cheeses

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



Chicken Parmesan Over Pasta
traditional chicken parmesan topped with pomodoro sauce and melted mozzarella cheese, served over a bed of pasta WW Dinner Roll

Beef Sliders with Cheese
two homemade all beef sliders on a mini bun, topped with American cheese Oven Baked Fries Glazed Carrots

Cheeseburger Mac & Cheese
pasta and ground beef tossed in an American and cheddar cheese sauce Peas and Carrots Whole Wheat Dinner Roll

French Toast Sticks
crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup Hash Browns Pork Sausage Patty

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



Turkey & Cheese Quesadilla
fiesta style turkey and shredded cheddar cheese with salsa pressed between two grilled tortillas Mild Salsa

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

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

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

Cowboy Chili
chunky beef chili with tomatoes, spicy peppers and beans topped with cheddar cheese Corn Bread Mild Salsa



Veggie Burger
veggie burger topped with lettuce, tomato and mayo on whole wheat bun Crispy Chicken & Cheese Sandwich

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

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

Smokehouse Chicken Sandwich
tender white meat chicken patty topped with bbq sauce on a soft bun Romaine & Cherry

Wild West Grilled Cheese
melted American cheese topped with mild salsa and honey mustard dressing on grilled whole wheat

Offered Daily: Cheeseburger, Chicken Patty, Veggie Burgers or Turkey Burgers on W.W. Rolls.



Fresh Peach Mixed Fruit

Fresh Fruit Cup Strawberry Cup

Celery Sticks w/ Ranch Dip Cinnamon Apples Mixed Fruit

Diced Pears Fresh Orange

Broccoli Florets Kidney Beans Fresh Fruit Cup

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

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Bagel & String Cheese Meal
white wheat bagel served with a string cheese and a red apple

Mexican Salad
tossed greens topped with beans, corn, salsa, cheddar cheese, sour cream and crumbled tortilla chips

Bagel and Organic Yogurt Lunch
whole wheat bagel, low fat mozzarella sticks and organic yogurt

Orange Chicken Salad with Dinner Roll
chicken breast, mandarin oranges and scallions over a bed of mixed mesclun greens with an orange dressing

Bagel and Organic Yogurt Lunch
whole wheat bagel, low fat mozzarella sticks and organic yogurt



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



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 Tomato Salad

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 Tomato Salad

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

Offered Daily: Cheeseburger, Chicken Patty, 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 Middle School From 9/25/2017 To 9/29/2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Bagel & String Cheese Meal
white wheat bagel served with a string cheese and a red apple ✓

Chicken Salad Plate with 2 Dinner Rolls
chicken salad on a bed of lettuce, cucumbers, carrots and tomatoes, with a whole wheat dinner roll 🍅

Bagel and Organic Yogurt Lunch
whole wheat bagel, low fat mozzarella sticks and organic yogurt ✓

Turkey Sandwich
thinly sliced turkey breast with crisp lettuce on soft whole wheat bread

Bagel and Organic Yogurt Lunch
whole wheat bagel, low fat mozzarella sticks and organic yogurt ✓



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 🍷



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 BBQ 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: Cheeseburger, Chicken Patty, 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

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