

MARCH 2020

Northborough Melican Middle School

Food allergies:
Please ensure you child's school nurse and cafeteria managers are aware of any food allergies. Equal opportunity provider

Monday

2
Taco Bake, Refried Beans, Bread Stick. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Breakfast Croissant

9
Meatball Sub on WW Roll, Steamed Mixed Vegetables. Assorted Fruit
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Chicken Fajita Bowl

16
Chicken Patty on Bun, Baked French Fries, Steamed Carrots. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Pulled Pork Taco

23
Brunch for lunch, French Toast, Sausage Patty, Hash Browns. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Chili Dog

30
Roast Turkey Dinner over Mashed Potatoes, Dinner Roll, Seasoned Corn. Assorted Fruit
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Sriracha Chicken Basket

Tuesday

3
Professional Development.

No Lunch Served

10
Mac and Cheese, Steamed Peas, Garlic Bread Stick. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Turkey Ham Panini

17
Elbows in Meat Sauce Broccoli, Garlic Toast. Assorted fruit. Shamrock Cake.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Buffalo Chicken Pizza

24
Chicken Alfredo Pasta, Steamed Broccoli, Garlic Toast, Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Deli Sandwiches

31
Pasta with Meat Sauce Steamed Broccoli, Garlic Toast, Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Sloppy Joes

Wednesday

4
Hamburger/Cheeseburger, Garden Burger, Baked Beans, Bake French Fries. Assorted fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads

11
Chicken and Waffles, Syrup, Sweet Potato Fries. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Double Bacon Cheeseburger

18
Nachos, Beef Chili, Cheese Sauce ,Black Bean Salad. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 BBQ Rib Sandwich

25
Hamburger/Cheeseburger, Garden Burger, Baked Beans, Macaroni salad, Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Chicken Broccoli Cheddar Bake

Thursday

5
Early Release

No Lunch Served

12
Hot Dog on WW Bun, BBQ Baked Beans, Macaroni salad. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Orange Chicken over Rice

19
Grilled Cheese on WW , Tomato Soup. Steamed Corn. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Meatball Sub

26
Chicken Teriyaki over Fried Rice Bowl, Honey Glazed Steamed Carrots. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Steak Bomb Sub

Friday

6
Sal's Pizza, Cheese or Pepperoni, Garden Salad. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Buffalo Wing Basket

13
House Baked Pizza, Cheese or BBQ Chicken, Caesar Salad. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Mac and Cheese Bowl

20
Sal's Pizza, Cheese or Pepperoni, Garden Salad. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Salisbury Steak, Mashed Potato, Corn.

27
Cheesy Bread sticks with Marinara Dipping Sauce, Tossed Salad. Assorted Fruit.
#2 PBJ,PBF, PB
#3 Assorted Salads
#4 Cheeseburger, Tater Tot Bake



Milk \$0.60 Main Lunch \$3.00 Deli and Salad Meal \$3.25 Adult Lunch \$3.85 plus tax
All meals must come with a fruit or vegetable. WW = Whole Wheat, RF = Reduced Fat