

# OCTOBER 2021

## Northborough Melican Middle School

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

Monday

Tuesday

Wednesday

Thursday

Friday

**4**  
#1 BBQ Chicken Breast, Brown Rice, Seasoned Corn. Assorted Milk and Fruit.  
#2 Assorted Salads

**5**  
#1 Pulled Pork on WW Bun, Potato Chip, Cole Slaw. Assorted Milk and Fruit.  
#2 Assorted Salads

**6**  
#1 Chili with Corn Chips, Salsa and Sour Cream, Steamed Corn. Assorted Milk and Fruit.  
#2 Assorted Salads

**7**  
#1 Mozzarella Sticks with Marinara Sauce, Dinner Roll, Steamed Carrots. Assorted Milk and Fruit.  
#2 Assorted Salads

**1**  
#1 Pizza Friday  
Green Salad, Assorted Milk and Fruit.  
#2 Assorted Salads

**11**  
Columbus Day  
No School

**12**  
#1 Chicken Patty on WW Bun, Potato Chips, Steamed Mixed Vegetables. Assorted Milk and Fruit.  
#2 Assorted Salads

**13**  
#1 Pasta with Meat Sauce, Breadstick, Steamed Peas. Assorted Fruit and Milk.  
#2 Assorted Salads

**14**  
#1 Roasted Chicken, Mashed Potato, Steamed Corn. Assorted Milk and Fruit.  
#2 Assorted Salads

**8**  
#1 Pizza Friday  
Green Salad, Assorted Milk and Fruit.  
#2 Assorted Salads

**15**  
#1 Pizza Friday  
Green Salad, Assorted Milk and Fruit.  
#2 Assorted Salads

**18**  
#1 Hamburger/Cheeseburger with Potato Chips. Assorted Milk and Fruit.  
#2 Assorted Salads

**19**  
#1 Ham, egg and Cheese on a WW Bun, Cole Slaw. Assorted Milk and Fruit.  
#2 Assorted Salads

**20**  
#1 Mac and Cheese, Dinner Roll, Steamed Broccoli. Assorted Fruit and Milk.  
#2 Assorted Salads

**21**  
#1 Turkey Tacos, Rice. Salsa and Sour Cream. Assorted Milk and Fruit.  
#2 Assorted Salads

**22**  
#1 Pizza Friday  
Green Salad, Assorted Milk and Fruit.  
#2 Assorted Salads

**25**  
#1 Meatball Sub, Carrot Coins, Potato Chips. Assorted Milk and Fruit.  
#2 Assorted Salads

**26**  
#1 Hot Dog on WW Bun, Boston Baked Beans. Assorted Milk, Fruit.  
#2 Assorted Salads

**27**  
#1 Elbows and Meat Sauce, Bread Stick, Steamed Peas. Assorted Milk and Fruit.  
#2 Assorted Salads

**28**  
#1 Baked Fish Stick, Oven Fries, Steamed Corn. Assorted Milk and Fruit.  
#2 Assorted Salads

**29**  
#1 Pizza Friday  
Green Salad, Assorted Milk and Fruit.  
#2 Assorted Salads

Option 2: Assorted Salads, Fruit and Milk

Option 3: Chefs Choice announced Daily, served with Fruit and Milk.

Lunch Prices: Due to a USDA grant, first lunch will be free, additional lunches will be \$3.00 Milk \$.60

