

Algonquin Lunch Menu September 2019

This Institution is an Equal Opportunity Employer

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Chicken Fajita or Veggie Fajita Spanish Rice Steamed Corn or Carrot Coins Fruit	4 Pasta / Meat Sauce or Plain Sauce Steamed Green Beans or Carrot Coins Garlic Bread Fruit	5 Taco's Beef or Veggie Steamed Broccoli or Carrot Coins Refried Beans Fruit	6 Grilled Cheese Sandwich Tomato Soup Steamed Carrots or Carrot Coins Fruit
9 Chicken Nuggets Tater Tots Steamed Carrots or Carrot Coins ww Roll Fruit	10 Baked Potato Bar Chili Steamed Broccoli or Carrot Coins Nacho Chips Fruit	11 Pasta / Meat Sauce or Plain Sauce Steamed Green Beans or Carrot Coins Garlic Bread Fruit	12 Crunchy Asian Chicken Wrap Sweet Potatoes or Carrot Coins Spicy Black Beans Fruit	13 Pasta Primavera or Chicken Pasta Primavera Mixed Vegetables or Carrot Coins Garlic Roll Fruit
16 Chicken Nuggets Pasta Salad Steamed Broccoli or Carrot Coins ww Roll, Fruit	17 Beef & Bean Burrito or Veggie Burrito Steamed Carrots or Carrot Coins Fruit	18 Mac & Cheese or Buffalo Mac & Cheese Steamed Mixed Vegetable or Carrot Coins Garlic Bread, Fruit	19 Southwest Chicken Sub Corn & Black Bean Salad Corn or Carrot Coins Fruit	20 Chicken Lo Mein or Veggie Lo Mein Spring Roll Carrots or Carrot Coins, Fruit
23 Chicken Teriyaki Dippers Rice Pilaf Mixed Vegetable or Carrot Coins, Fruit	24 Cheesy Buffalo Chicken and Potatoes Steamed Carrots or Carrot Coins ww Roll, Fruit	25 Pasta/Meat Sauce or Plain Sauce Steamed Green Beans or Carrot Coins Garlic Bread , Fruit	26 Tangerine Chicken Asian Rice Pilaf Steamed Broccoli or Carrot Coins Fruit	27 Burgers Beef or Veggie Bean Salad or Steamed Green beans Fruit
30 Rosh Hashanah	Quick and Easy On-Line Prepayments info Visit www.nsboro.12.ma.us myschoolbucks	<u>MILK Choices:</u> Fat free/Skim, 1% or Fat Free Chocolate ALL MENU'S SUBJECT TO CHANGE	Veggie or a fruit must be served with each lunch. *Rolls and Cheese sticks available* No charging	Continental Breakfast Daily 7:00 -7:15 am Tue & Thu -Sausage, Egg & Cheese sandwich (Breakfast is not part of the Free/Reduce lunch Program)

#2 Option

“Grab ‘N Go!”

*Pre-wrapped Sandwiches

Vegetarian, Meat & PB&J

Sandwiches

*Pizza du Jour

*Salads

Chef, Garden

Chicken / Caesar

Teriyaki Chicken

#3 Option-

“Hot Line”

Hot Sandwiches

Tues- Chicken

Thurs- Spicy

Chicken

Fri-Mozzarella

Sticks

#4 Option

“Made-To-Order Deli”

Options:

Ham, Bologna,

Salami, Turkey,

Tuna- Tue &Thu

Egg Salad – Fri

Choice of Bread

Sub, Sandwich,

Wrap