

SEPTEMBER 2019

Southborough Elementary Schools

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Hamburger/Cheeseburger on WW Bun, BBQ Seasoned Wedges, Assorted Fruit.	4 Chicken and Cheese Quesadilla, Black Beans and Rice, Assorted Fruit.	5 French Toast Sticks, Syrup, Sausage Patty, Tater Tots. Assorted Fruit.	6 Pizza Dippers, Marinara Sauce, Tossed Salad. Assorted Fruit.
9 Swedish Meatballs over Egg Noodles, Steamed Green Beans. Assorted Fruit.	10 Mozzarella Sticks, Marinara Sauce, Italian Seasoned French Fries, Dinner Roll, Carrot Stick. Assorted Fruit.	11 Tangerine Chicken over Brown Rice, Steamed Broccoli. Assorted Fruit.	12 Early Release No Lunch Served	13 Original Pizza, Cheese or Pepperoni, Tossed Salad. Assorted Fruit.
16 Pretzel Lunch, Yogurt or Cheese Sticks, Carrot Coins. Assorted Fruit.	17 Cheese Tortellini with Red Sauce, Garlic Knots, Steamed Green Beans. Assorted Fruit.	18 Chicken Nuggets, Dinner Roll, Baked French Fries, Steamed Corn. Assorted Fruit.	19 Grilled Cheese on WW, Tomato Soup, Chick Pea Salad. Assorted Fruit.	20 Sals' Pizza, Cheese or Pepperoni. Tossed Salad. Assorted Fruit.
23 Cherry Blossom Chicken over Brown Rice, Asian Vegetables. Assorted Fruit.	24 Home Made Mac and Cheese, Dinner Roll, Seasoned Peas. Assorted Fruit.	25 Hamburger/Cheeseburger on WW Bun, Sweet Potato Fries, Assorted Fruit.	26 Hot Dog on WW Bun, BBQ Baked Beans, Assorted Fruit.	27 Pizza Dippers, Marinara Sauce, Tossed Salad. Assorted Fruit.
30 Rosh Hashanah				

ALTERNATE LUNCHES A: PB and Jelly or PB Fluff **B:** PB Only **C:** Cheese sandwich **Also available:** Bagel Lunch Box. Available Daily Lunch Box: includes sandwich on WW bread, veggie sticks or hot vegetable of the day, cheese stick and fruit. Lunch Price: \$2.75 Reduced Lunch: \$.40 Milk: \$.60 All meals must come with a fruit or vegetable.