



**Chelmsford School Nutrition 978-251-5111**

**WG** – Whole Grain    **V** – Vegetarian  
 Elementary Lunch: \$2.65    Milk \$.75  
 Middle and High School Lunch: \$3.10  
 Better for You Snacks \$.25 - .75

**Menus are subject to change without notice.**

**Offered Daily with Lunch:** Fresh Fruit and Veggies, Choice of Milk (Low Fat, Skim & Low Fat Chocolate)  
**If Substitutions are necessary**—Cheese Panini Lunch will be served.  
 USDA is an equal opportunity provider and employer.

### Monday



### Tuesday

### Wednesday



### Thursday

### Friday

CHICKEN TENDERS W/  
 POTATO WEDGES  
 Pineapple Tidbits  
 Diced Carrots  
 BBQ Sauce & Ketchup

CHEESEBURGER &  
 Hamburger Bun  
 Mixed Vegetables  
 Diced Peaches  
 Mustard & Ketchup

POPCORN CHICKEN  
 Maple Baked Beans  
 Fresh Baby Carrots  
 Light Ranch Dressing  
 Mixed Fruit Cup, BBQ Sauce

HOT DOG W/ POTATO  
 ROUNDS  
 WG Hot Dog Bun  
 Maple Baked Beans  
 Mixed Fruit Cup  
 Mustard & Ketchup

PIZZA DIPPERS    V  
 Marinara Dipping Sauce  
 Romaine Lettuce  
 Light Italian Dressing  
 Fresh Fruit Basket

CHICKEN NUGGETS W/  
 Potato Rounds  
 Whole Kernel Corn  
 Orange Juice  
 BBQ Sauce & Ketchup

MEATBALL SUB  
 WG Hot Dog Roll  
 Green Beans  
 Cinnamon Applesauce

4 CHEESE PANINI    V  
 Maple Baked Beans  
 Fresh Baby Carrots  
 Light Ranch Dressing  
 Fresh Fruit Basket

CHEESE PIZZA    V  
 Romaine Lettuce  
 Light Ranch Dressing  
 Sliced Apples

EARLY RELEASE DAY  
  
 NO LUNCH SERVED

MINI CORN DOGS &  
 CHICKEN FUN MIX w/  
 POTATOES  
 SunSet Sip Juice  
 Pineapple Tidbits  
 BBQ Sauce & Ketchup

CHEESE PIZZA    V  
 Broccoli Florets  
 Light Ranch Dressing  
 Fresh Fruit Basket

CHICKEN DIPPERS W/  
 TOMATO PARMESAN SAUCE  
 Green Beans  
 Grape Juice

CRISPY CHICKEN FILLET &  
 Hamburg Bun  
 Whole Kernel Corn  
 Diced Pears  
 BBQ Sauce

HOT DOG W/ POTATO  
 ROUNDS, Bun  
 Maple Baked Beans  
 Peach Cup  
 Mustard & Ketchup

TACO SCOOPS  
 Romaine Lettuce  
 Salsa Cup  
 Light Ranch Dressing  
 Sliced Apples  
 Tortilla Chips

PIZZA DIPPERS    V  
 Marinara Dipping Sauce  
 Fresh Baby Carrots  
 Light Ranch Dressing  
 Mixed Fruit Cup  
 Chocolate Cookie



HOLIDAY



BREAK



# December 2016

1



2

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Monday

Tuesday

Wednesday

Thursday

Friday



12

13

14

15

16

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