



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 NUGGETS W/ 9
 Potato Rounds
 Whole Kernel Corn
 Orange Juice
 BBQ Sauce & Ketchup

CHICKEN TENDERS W/ 3
 POTATO WEDGES
 Pineapple Tidbits
 Diced Carrots
 BBQ Sauce & Ketchup

CHEESEBURGER & 4
 Hamburger Bun
 Mixed Vegetables
 Diced Peaches
 Mustard & Ketchup

POPCORN CHICKEN 5
 Maple Baked Beans
 Fresh Baby Carrots
 Light Ranch Dressing
 Mixed Fruit Cup, BBQ Sauce

CHEESE PIZZA V 6
 Romaine Lettuce
 Light Ranch Dressing
 Sliced Apples

EARLY RELEASE DAY 10
 NO LUNCH SERVED

4 CHEESE PANINI 11
 Maple Baked Beans
 Fresh Baby Carrots
 Light Ranch Dressing
 Fresh Fruit Basket

MINI CORN DOGS & 12
CHICKEN FUN MIX w/
POTATOES
 SunSet Sip Juice
 Pineapple Tidbits
 BBQ Sauce & Ketchup

CHEESE PIZZA V 13
 Broccoli Florets
 Light Ranch Dressing
 Fresh Fruit Basket

Martin Luther King D 16
 No School

CHICKEN DIPPERS W/ 17
TOMATO PARMESAN SAUCE
 Green Beans
 Grape Juice

HOT DOG W/ POTATO 18
ROUNDS, Bun
 Maple Baked Beans
 Peach Cup
 Mustard & Ketchup

TACO SCOOPS 19
 Romaine Lettuce
 Salsa Cup
 Light Ranch Dressing
 Sliced Apples
 Tortilla Chips

PIZZA DIPPERS V 20
 Marinara Dipping Sauce
 Fresh Baby Carrots
 Light Ranch Dressing
 Mixed Fruit Cup
 Chocolate Cookie

CHICKEN TENDERS W/ 23
 POTATO WEDGES
 Pineapple Tidbits
 Diced Carrots
 BBQ Sauce & Ketchup

CHEESEBURGER & 24
 Hamburger Bun
 Mixed Vegetables
 Diced Peaches
 Mustard & Ketchup

POPCORN CHICKEN 25
 Maple Baked Beans
 Fresh Baby Carrots
 Light Ranch Dressing
 Mixed Fruit Cup, BBQ Sauce

PANCAKES & SAUSAGE 26
 Golden Potato Rounds
 Sliced Apples
 Syrup
 Ketchup

CHEESE PIZZA V 27
 Romaine Lettuce
 Light Ranch Dressing
 Sliced Apples

CHICKEN NUGGETS W/ 30
 Potato Rounds
 Whole Kernel Corn
 Orange Juice
 BBQ Sauce & Ketchup

MEATBALL SUB 31
 WG Hot Dog Roll
 Green Beans
 Cinnamon Applesauce

