



**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.**

**Daily Alternates:** Breakfast for Lunch (WG/RS Trix Cereal, Cinnamon Grahams, Juice Pouch, Low Fat Cheese Stick and Choice of Milk)

**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



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

**Martin Luther King D** 16  
 No School

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

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

### Tuesday

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

**EARLY RELEASE DAY** 10  
 NO LUNCH SERVED

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

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

**MEATBALL SUB** 31  
 WG Hot Dog Roll  
 Green Beans  
 Cinnamon Applesauce

### Wednesday

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

**POWER PACK LUNCH!** 11  
 Soft Pretzel                    V  
 Vanilla Yogurt  
 Honey Mustard Dipping Cup  
 Baby Carrots  
 Fresh Fruit Basket

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

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



### Thursday

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

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

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

**PANCAKES**                    V 26  
 Fresh Baby Carrots  
 Vanilla Yogurt  
 Syrup Cup  
 Fresh Fruit Basket



### Friday

**CHEESE PIZZA**                    V 6  
 Romaine Lettuce  
 Light Ranch Dressing  
 Sliced Apples

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

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

**CHEESE PIZZA**                    V 27  
 Romaine Lettuce  
 Light Ranch Dressing  
 Sliced Apples