



MAY 2008

LONGMEADOW HIGH SCHOOL LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><u>SCHOOL LUNCHES</u> <u>PROVIDE</u> <u>GOOD NUTRITION</u> <u>AT AN AFFORDABLE</u> <u>PRICE!</u></p>		<p style="text-align: right; color: red; font-weight: bold;">1</p> <p><u>MEATBALL GRINDER</u> <u>SAUCE AND CHEESE</u> TOMATO SAUCE & CHEESE POTATO WEDGES TOSSED SALAD CHILLED FRUIT</p>	<p style="text-align: right; color: red; font-weight: bold;">2</p> <p><u>MUNCH LUNCH</u> CHICKEN NUGGETS MOZZARELLA STICKS BAKED TATER TOTS GREEN BEANS FRESH FRUIT/FRUIT CUP</p>
<p style="text-align: right; color: red; font-weight: bold;">5</p> <p><u>CINCO DE MAYO</u> <u>BEEF TACOS</u> <u>LETTUCE & TOMATO</u> <u>or South West Pizza</u> STEAMED CORN SEASONED RICE FRESH FRUIT/FRUIT CUP</p>	<p style="text-align: right; color: red; font-weight: bold;">6</p> <p><u>SPICY CHICKEN</u> <u>WRAP</u> LETTUCE & TOMATO CELERY STICKS FRESH FRUIT</p>	<p style="text-align: right; color: red; font-weight: bold;">7</p> <p><u>TERIYAKI CHICKEN</u> <u>ASIAN VEGETABLES</u> SEASONED RICE PINEAPPLE FRESH FRUIT/FRUIT CUP</p>	<p style="text-align: right; color: red; font-weight: bold;">8</p> <p><u>PASTA WITH</u> <u>MOZZARELLA STICKS</u> BREAD STICKS GARDEN SALAD FRESH FRUIT/FRUIT CUP OREO COOKIES</p>	<p style="text-align: right; color: red; font-weight: bold;">9</p> <p><u>SUNDAY IS MOTHER'S DAY</u> <u>FRENCH TOAST STICKS</u> MAPLE SYRUP ORANGE JUICE HOME FRIES WARM CINNAMON APPLES</p>
<p style="text-align: right; color: red; font-weight: bold;">12</p> <p><u>BAKED CHICKEN</u> <u>TENDERS</u> SEASONED RICE STEAMED CORN CHILLED FRUIT OREO COOKIES</p>	<p style="text-align: right; color: red; font-weight: bold;">13</p> <p><u>SPICY CHICKEN</u> <u>WRAP</u> LETTUCE & TOMATO CARROT STICKS CHILLED FRUIT</p>	<p style="text-align: right; color: red; font-weight: bold;">14</p> <p><u>DOUBLE</u> <u>CHEESE BURGERS</u> CRINKLE CUT FRIES LETTUCE AND TOMATO FRESH FRUIT/FRUIT CUP RICE CRISPY TREAT</p>	<p style="text-align: right; color: red; font-weight: bold;">15</p> <p><u>PASTA WITH</u> <u>MEATBALLS</u> TOSSED SALAD FRESH BREAD CHILLED FRUIT</p>	<p style="text-align: right; color: red; font-weight: bold;">16</p> <p><u>GRILLED CHEESE</u> <u>OR BAGEL MELT</u> TOMATO SOUP FRESH FRUIT/FRUIT CUP STEAMED CARROTS</p>
<p style="text-align: right; color: red; font-weight: bold;">19</p> <p><u>BAKED POPCORN</u> <u>CHICKEN</u> SEASONED RICE SWEET PEAS CHILLED FRUIT</p>	<p style="text-align: right; color: red; font-weight: bold;">20</p> <p><u>SPICY CHICKEN</u> <u>WRAP</u> LETTUCE & TOMATO FRESH CARROTS CHILLED FRUIT FRESH FRUIT</p>	<p style="text-align: right; color: red; font-weight: bold;">21</p> <p><u>SOFT BREADSTICKS</u> <u>BAKED WITH CHEESE</u> MARINARA SAUCE GARDEN SALAD FRESH FRUIT/FRUIT CUP RICE CRISPY TREAT</p>	<p style="text-align: right; color: red; font-weight: bold;">22</p> <p><u>CHICKEN PARM</u> <u>SANDWICH</u> TOMATO SAUCE & CHEESE POTATO WEDGES TOSSED SALAD CHILLED FRUIT</p>	<p style="text-align: right; color: red; font-weight: bold;">23</p> <p><u>Back by popular demand!</u> <u>CRISPY CHICKEN</u> <u>WRAP!</u> CURLY FRIES CARROTS CHILLED FRUIT</p>
<p style="text-align: right; color: red; font-weight: bold;">26</p> <p><u>MEMORIAL DAY</u> <u>NO SCHOOL</u></p>	<p style="text-align: right; color: red; font-weight: bold;">27</p> <p><u>SPICY CHICKEN</u> <u>WRAP</u> LETTUCE & TOMATO FRESH CARROTS CHILLED FRUIT FRESH FRUIT</p>	<p style="text-align: right; color: red; font-weight: bold;">28</p> <p><u>BBQ PULLED PORK</u> ON A BUN COLE SLAW BAKED CURLY FRIES FRESH FRUIT/FRUIT CUP</p>	<p style="text-align: right; color: red; font-weight: bold;">29</p> <p><u>PASTA WITH</u> <u>MEAT SAUCE</u> BREAD STICKS GARDEN SALAD FRESH FRUIT/FRUIT CUP OREO COOKIES</p>	<p style="text-align: right; color: red; font-weight: bold;">30</p> <p><u>SLOPPY JOE OR</u> <u>GRILLED RUBEN</u> FRESH BROCCOLI W/DIP POTATO WEDGES FRUIT</p>

IF YOU HAVE ANY QUESTIONS OR COMMENTS, PLEASE CONTACT THE DIRECTOR OF FOOD SERVICES, MR. STRATTON AT 565-4230 OR astratton@longmeadow.k12.ma.us

FOR YOUR CONVENIENCE YOU CAN PREPAY FOR LUNCH BY CHECK, MADE OUT TO THE TOWN OF LONGMEADOW SCHOOL LUNCH. PLEASE NOTE WHEN YOUR STUDENT'S ACCOUNT IS LOW AND IT'S TIME TO SEND ANOTHER PREPAYMENT. LUNCH IS \$2.25.

ALL MEALS COME WITH A CHOICE OF LOWFAT or NONFAT MILK AND FRESH FRUIT OR FRUIT CUP.

The Menu is Subject to Change.

ALL SCHOOL MENUS CAN BE SEEN ON THE WEB AT: <http://www.longmeadow.org/schools/lunch.html>