

Weston Middle School

February 2010 Week 1

	Monday ¹	Tuesday ²	Wednesday ³	Thursday ⁴	Friday ⁵
 Unique and Highly Flavored Dishes	Classic Mac-n-Cheese  Garlic and Oil Sautéed Broccoli Dinner Roll 	Chicken Fajitas (seasoned chicken, peppers and onions in flour tortillas ) Toppings include: Salsa, Shredded Lettuce, Cheddar and Sour Cream	<u>Carving Station</u> Slow Roasted Cuban Rubbed Pork Loin Fiesta Rice  Steamed Corn and Bell Peppers	Chipotle Lime Hard Shell Chicken Tacos  (Shredded Lettuce & Tomato) Warm Cilantro Corn Rice Salad	Baked Barilla Plus Penne Bolognese  Warm Garlic Bread
 Italian Specialties and Flatbreads	<u>Today's Special</u> Grilled Chicken Flatbread Cheese Pizza Available Daily! 	<u>Today's Special</u> Pepperoni Pizza  Cheese Pizza Available Daily! 	<u>Today's Special</u> Buffalo Chicken Pizza  Cheese Pizza Available Daily! 	<u>Today's Special</u> Margherita Flatbread  Cheese Pizza Available Daily! 	<u>Today's Special</u> Ham and Cheese Flatbread Cheese Pizza Available Daily! 
 Hot grab and go Sandwiches 	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches
 Panini Pressed Sandwiches	<u>Today's Special</u> Honey Mustard Turkey Wrap  Cheeseburgers available daily! 	<u>Today's Special</u> Ham And Cheese Bagel Melt  Cheeseburgers available daily! 	<u>Today's Special</u> Grilled Chicken Reuben  Cheeseburgers available daily! 	<u>Today's Special</u> Chicken Ranchero Wrap  Cheeseburgers available daily! 	<u>Today's Special</u> Chipotle Cheeseburger Melt  Cheeseburgers available daily! 
 Daily Made to Order Boar's Head Sandwiches Choices include: Turkey, Ham, Roast Beef, Natural Cheese, and Tuna Romaine Lettuce, Sliced Tomatoes, & Assorted Veggies. Choice of Breads, Rolls, and Wraps 					
 Wild Greens	Build your own Salad everyday! Choices include: Romaine Lettuce, Assorted Fresh Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings Dinner Roll  Fresh Fruit Selection Low-Fat Milk				
 Daily Assorted Pre-packaged Salad and Sandwich Combination Meals available Stonyfield Organic Yogurt, Parfaits and Smoothies,  Balanced Choices Option Available					

 Contains whole grains  Meat Free Option

Meals include entrée, choice of 1% white, skim milk (antibiotic and hormone-free), and unlimited* fresh, regionally** grown fruits and vegetables.

*(Excludes potatoes) **Regionally grown when available.

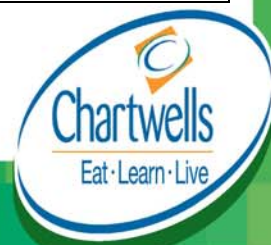
Student Lunch price: \$3.25 • Reduced meal price: \$0.40 • Milk price: \$0.60 • Adult Lunch price: \$3.75



To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit. (Excludes potatoes)



Refreshing cold beverages including low fat and skim milk, bottled water, and 100% juices.



Weston Middle School

February 2010 Week 2

	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
 Unique and Highly Flavored Dishes	Barilla Plus Penne with Grilled Chicken and Broccoli tossed in Garlic and Oil Cheesy Garlic Bread 🍷	Taco Bar (Toppings Include: Salsa, Shredded Lettuce, Cheddar Cheese and Sour Cream) Cilantro Lime Rice 🍷	<u>Carving Station</u> Classic Meatloaf with Gravy Buttered Peas and Carrots Dinner Roll 🍷	Cheese Filled Ravioli Tossed with house made Marinara Sauce Cheesy Garlic Bread 🍷	Chicken Lo Mein Wok Seared Mixed Vegetables Vegetable Eggroll
 Italian Specialties and Flatbreads	<i>Today's Special</i> Baked Ziti Pizza 🍷🌱 Cheese Pizza Available Daily! 🍷	<i>Today's Special</i> Roasted Veggie and Chicken Flatbread Cheese Pizza Available Daily! 🍷	<i>Today's Special</i> Cheeseburger Pizza 🍷 Cheese Pizza Available Daily! 🍷	<i>Today's Special</i> Margherita Flatbread 🌱 Cheese Pizza Available Daily! 🍷	<i>Today's Special</i> Pepperoni Pizza 🍷 Cheese Pizza Available Daily! 🍷
 Hot grab and go Sandwiches 🍷	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches
 Panini Pressed Sandwiches	<i>Today's Special</i> Pesto Chicken Panini 🍷 Cheeseburgers available daily! 🍷	<i>Today's Special</i> Fiesta Patty Melt 🍷 Cheeseburgers available daily! 🍷	<i>Today's Special</i> Arizona Chicken Panini 🍷 Cheeseburgers available daily! 🍷	<i>Today's Special</i> Sicilian Panini 🍷 Cheeseburgers available daily! 🍷	<i>Today's Special</i> Chicken Parm Wrap 🍷 Cheeseburgers available daily! 🍷
	Daily Made to Order Boar's Head Sandwiches Choices include: Turkey, Ham, Roast Beef, Natural Cheese, and Tuna Romaine Lettuce, Sliced Tomatoes, & Assorted Veggies. Choice of Breads, Rolls, and Wraps 🍷				
	Build your own Salad everyday! Choices include: Romaine Lettuce, Assorted Fresh Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings Dinner Roll 🍷 Fresh Fruit Selection Low-Fat Milk				
	Daily Assorted Pre-packaged Salad and Sandwich Combination Meals available Stonyfield Organic Yogurt, Parfaits and Smoothies, 🌱 Balanced Choices Option Available				

🍷 Contains whole grains 🌱 Meat Free Option

Meals include entrée, choice of 1% white, skim milk (antibiotic and hormone-free), and unlimited* fresh, regionally** grown fruits and vegetables.

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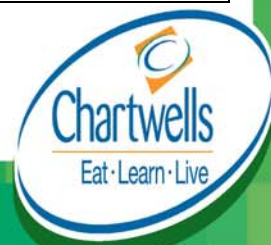
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Weston Middle School

February 2010 Week 4

	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
 Unique and Highly Flavored Dishes	Baked Stuffed Shells (Ricotta Cheese Stuffed Shells with House Made Marinara Sauce and Melted Mozzarella)	Oven Roasted Chicken Steamed Rice Buttered Peas and Carrots Dinner Roll	FLEXITARIAN Soup and a Sandwich Vegetable Soup & Three Cheese Focaccia Melt BE A FLEXITARIAN TODAY!	Chicken and Sausage Paella Sautéed Zucchini with Garlic Dinner Roll	Spaghetti and Meatballs Sautéed Broccoli with Garlic Dinner Roll
 Italian Specialties and Flatbreads	<i>Today's Special</i> Pizza Bagels Cheese Pizza Available Daily!	<i>Today's Special</i> 3 Cheese Flatbread Cheese Pizza Available Daily!	<i>Today's Special</i> Pepperoni Pizza Cheese Pizza Available Daily!	<i>Today's Special</i> Sausage Pizza Cheese Pizza Available Daily!	<i>Today's Special</i> Meat lovers Pizza Cheese Pizza Available Daily!
 Hot grab and go Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches
 Panini Pressed Sandwiches	<i>Today's Special</i> Honey Mustard Turkey and Cheddar Bagel Cheeseburgers available daily!	<i>Today's Special</i> Buffalo Chicken Wrap Cheeseburgers available daily!	<i>Today's Special</i> Cordon Bleu Panini Cheeseburgers available daily!	<i>Today's Special</i> Triple Decker Turkey Club Cheeseburgers available daily!	<i>Today's Special</i> Chipotle Cheeseburger Cheeseburgers available daily!
	Daily Made to Order Boar's Head Sandwiches Choices include: Turkey, Ham, Roast Beef, Natural Cheese, and Tuna Romaine Lettuce, Sliced Tomatoes, & Assorted Veggies. Choice of Breads, Rolls, and Wraps				
 Wild Greens	Build your own Salad everyday! Choices include: Romaine Lettuce, Assorted Fresh Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings Dinner Roll Fresh Fruit Selection Low-Fat Milk				
	Daily Assorted Pre-packaged Salad and Sandwich Combination Meals available Stonyfield Organic Yogurt, Parfaits and Smoothies,  Balanced Choices Option Available				

 Contains whole grains  Meat Free Option

Meals include entrée, choice of 1% white, skim milk (antibiotic and hormone-free), and unlimited* fresh, regionally** grown fruits and vegetables.

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