










**Westford Public Schools
Food Services**
Elementary: Abbot, Day,
Crisafulli, Robinson,
Nabnasset, Miller

January 2012



Daily Milk Offerings: Skim, 1% White, 1% Low Fat Chocolate and Lactaid 1%

Before Placing Your Order, Please Inform Your Server If You Have a Food Allergy

	Mon	Tue	Wed	Thu	Fri	
	<p>2</p> <p>HAPPY NEW YEAR! HOLIDAY BREAK NO SCHOOL</p>	<p>3 Chicken Nuggets/Sauces Steamed Rice, Carrots Dinner Roll** Fruit Choice 2 Hour Delay</p>	<p>4 Nachos @ MLR Mexican Taco or Tortilla Wrap (ADD/DAY/JAC/ROB/NAB), Lettuce & Tomatoes Corn, Rice Fruit Choice</p>	<p>5 Rotini**/Meatless Sauce Pizza Sticks ** Vegetable of the Day Fruit Choice</p>	<p>6 Pizza Bagels or Pizza/Toppings Fresh Veggie Stix Fruit Choice</p>	<p>Fruit Choices All Schools serve a daily variety of fruits (local seasonal, fresh or canned in extra lite, lite syrup or natural juice)</p> 
	<p>9 Hamburger or Cheeseburger/Roll SMILEY FRIES Fruit Choice</p> 	<p>10 Crispy Chicken Rings Rice Pilaf, Fresh Roasted Carrot Sticks Fruit Choice</p>	<p>11 Spaghetti **/Meat Sauce - Italian Vegetables Garlic Bread Fruit Choice</p>	<p>12 Grilled Cheese or Ham/Cheese/Whole Wheat Bread, Soup of the Day, Ranch Up Hummus Dip/Fresh Veggies, Fruit Choice</p> 	<p>13 Galaxy Pan Pizza Fresh Veggie Bites Fruit Choice</p>	
<p>Code for Menued Items: - = ground beef + = vegetarian ^ = ground turkey ` = turkey product # = pork product **= whole grain product</p>	<p>16</p> <p>MARTIN LUTHER KING DAY NO SCHOOL</p>	<p>17 Italian Hot Pocket + or Kayem Low Sodium Hot Dog/Roll Baked Fries Fruit Choice</p>	<p>18 Cheese Ravioli w/Marinara Sauce Pizza Stick ** Green Beans Fruit Choice</p>	<p>19 Nachos - Lettuce, Tomatoes, Toppings Sweet Corn, Brown Rice, Fruit Choice</p> 	<p>20 PIZZERIA UNO ** Fresh Veggie Bites Fruit Choice</p> 	
<p>On Rare Occasions Menu Changes are Made Without Notice Due to Circumstances Beyond Our Control</p>	<p>23 Chinese New Year Teriyaki Chicken Dippers, Rice Pilaf Green Beans Orange Smiles Fortune Cookie</p> 	<p>24 Rotini**/Meatless Sauce Mozzarella String Cheese Vegetable of the Day Fruit Choice</p>	<p>25 Pancakes ** or Belgian Waffle Sticks Sliced Ham or Lite Sausage Links, Fresh Harvest Home Fries w/Butternut Squash Strawberry Cup</p>	<p>26 Flame Broiled Chicken Pattie/Roll ** Baked Fries, Ranch Up Hummus Dip w/Veggies, Fruit Choice</p>	<p>27 Pizza Bagels or Pizza/Toppings Romaine Garden Salad Fruit Choice</p>	
<p>Menus are posted weekly in the Lowell Sunday Sun, the Westford Eagle as well as the School Department website: www.westfordk12.us Limited copies are available in the front office of each school.</p>	<p>30 Hamburger or Cheeseburger/Roll Your School's Favorite Soup Fruit Choice Alternate: Grilled Cheese or Ham/Cheese</p>	<p>31 Honey Chicken BBQ Dippers Rice, Peas Fruit Choice Dinner Roll **</p>				<p>EXTRA \$\$\$\$ Consider being a Food Service Substitute Join our Sub List Max 4 Hours/Day For More Information Please Call 978-399-2741 or 2740</p>

