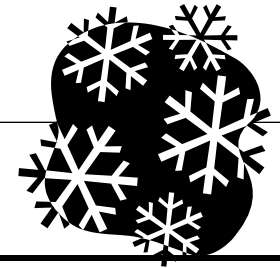


# January 2012



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



2  
**HAPPY NEW YEAR!  
HOLIDAY BREAK  
NO SCHOOL**

3 Chicken  
Nuggets/Sauces  
Steamed Rice, Carrots  
Dinner Roll\*\*  
Fruit Choice  
2 Hour Delay PASTA BAR

4  
Rotini \*\*/Meatless Sauce  
Pizza Sticks \*\*  
Spinach/Romaine Salad  
Fruit Choice

5  
Mexican Taco or  
Tortilla Wrap  
Lettuce & Tomatoes  
Sweet Corn, Rice  
Fruit Choice  
PASTA BAR

6  
Personal Pan Pizza  
Antipasto Salad  
Fruit Choice

**DAILY  
A LA CARTE CHOICES**  
  
Variety of Hot & Cold  
Sandwiches & Wraps  
  
Pre-Made Salads  
  
Pasta Bar twice/week  
  
Papa Gino's twice/week  
  
Domino's twice/week  
  
Daily Special Lunch  
\$2.75  
  
Vegetarian  
Options  
  
Soups  
  
Daily Specials

Code for Menued Items:  
- = ground beef  
+ = vegetarian  
^ = ground turkey  
` = turkey product  
# = pork product  
\*\*= whole grain product

9 *Choice of:*  
Mini Chicken Sliders  
w/Buns or Hamburger or  
Cheeseburger /Roll \*\*  
Baked Fries or Garden  
Salad, Fruit Choice

10 Nachos -  
Lettuce, Tomatoes,  
Toppings  
Mexicali Corn  
Brown Rice  
PASTA BAR

11 Chicken Parmesan  
or Eggplant Parmesan  
w/Spaghetti\*\*  
Italian Vegetables  
Dinner Roll\*\*  
Fruit Choice

12 Steak n'Cheese  
Wrap or Sub  
Baked Fries or Vegetable  
Bulgur, Fruit Choice  
Alternate: Grilled  
Cheese or Ham/Cheese  
PASTA BAR

13  
PIZZERIA UNO \*\*  
Garden Salad or  
Italian Bean Soup  
Fruit Choice



16  
**MARTIN LUTHER KING  
DAY  
NO SCHOOL**

17  
Italian Hot Pocket + or  
Kayem Low Sodium Hot  
Dog/Roll  
Baked Fries  
Fruit Choice  
PASTA BAR

18  
Rotini \*\*/Meat Sauce -  
Garlic Bread  
Garden Salad  
Fruit Choice

19  
**MID TERM EXAMS  
Breakfast Items Served in AM and at  
Break Time  
Light Lunch Offerings Noon-12:30**

On Rare Occasions Menu  
Changes are Made Without  
Notice Due to  
Circumstances Beyond Our  
Control

23  
**MID TERM EXAMS  
Breakfast Items Served in AM and at  
Break Time  
Light Lunch Offerings Noon-12:30**

24  
**MID TERM EXAMS  
Breakfast Items Served in AM and at  
Break Time  
Light Lunch Offerings Noon-12:30**

25  
Rotini \*\*/Meatless  
Sauce  
Pizza Sticks \*\*  
Tossed Salad  
Fruit Choice

26 Celebrating Chinese  
New Year!  
Teriyaki Chicken  
Dippers, Orange Rice  
Pilaf, Green Beans  
Fruit Choice  
Fortune Cookie  
PASTA BAR

27  
Wood Fired Grill  
Pizza  
Antipasto Salad  
Fruit Choice



Menus are posted weekly  
in the Lowell Sunday Sun,  
the Westford Eagle as well  
as the School Department  
website:  
  
[www.westfordk12.us](http://www.westfordk12.us)  
  
Limited copies are avail-  
able in the front office of  
each school.

30 Chicken  
Nuggets/Sauces  
Brown Rice  
Sweet Potatoes  
w/Pineapple or Peas  
Dinner Roll \*\*  
Fruit Choice

31 Shepherd's Pie  
w/Garlic Mashed  
Potato & Fresh  
Vegetables  
Broccoli  
Fruit Choice  
PASTA BAR

**Fruit Choices**  
All Schools serve a  
daily variety of fruits  
(local seasonal, fresh  
or canned in extra  
lite, lite syrup or  
natural juice)



**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