

# March 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

**DAILY  
A LA CARTE  
CHOICES**

Variety of Sand-  
wiches & Wraps

Pre-Made Salads  
(3 Days/Week)

Soup Choice

Vegetarian  
Options

**Code for Menued Items:**

- = ground beef
- + = vegetarian
- ^ = ground turkey
- ` = turkey product
- # = pork product
- \*\* = whole grain product
- RF = Reduced Fat
- RS = Reduced Sodium

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

**Foreign Language Week 3/5–3/9 at Blanchard & Stony Brook**



Daylight Savings  
March 11 !



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.

**Fruit Choices**  
All Schools serve a  
daily variety of  
fruits (local sea-  
sonal when avail-  
able, fresh or  
canned in extra  
lite, lite syrup or  
natural juice)

*1* Shepherd's Pie -  
w/Garlic Mashed  
Potatoes  
Broccoli  
Fruit Choice

*2* French Bread Pizza  
Caesar Salad  
Fruit Choice

*5 French Day*  
Croque Monsieur  
Frites  
Pickles  
Fruit Choice

*6 Asian Day*  
Teriyaki Chicken  
Dippers  
Rice Pilaf, Green Beans  
Dinner Roll\*\*  
Fruit Choice

*7 Latin Day*  
Pasta Roma  
Antipasto Salad  
Pizza Sticks \*\*  
Fruit Choice

*8 German Day*  
Hamburger, Brezelen  
Gurken Salat or Grune  
Bohnen, Soft Pretzel  
Fruit Choice

*9 Spanish Day*  
Hand Made Chicken  
Fajita Pizza  
Tossed Salad w/Romaine  
& Garbanzo Beans  
Fruit Choice

*12*  
Italian Hot Pocket +  
or Hot Dog/Roll  
Baked Fries  
Fruit Choice

*13*  
EARLY RELEASE DAY  
  
NO LUNCH

*14 Celebrating  
St. Patrick's Day!*  
Chicken Nuggets/Sauces  
Rice  
Broccoli  
Dinner Roll\*\*  
Fruit Choice

*15* Nachos  
Beef or Veggie  
(w/Beans)  
RF/RS Cheese Sauce  
Lettuce & Tomatoes  
Salsa w/Beans & Corn  
Brown Rice, Fruit Choice

*16*  
PIZZERIA UNO  
Vegetable Soup  
w/Kidney Beans  
Veggie Sticks w/Ranch  
Dip  
Fruit Choice

*19*  
Meatball Sub  
Baked Fries  
Fruit Choice

*20 First Day of Spring!*  
Slow Roasted  
Turkey/Bulkie Roll  
Vegetarian Beans  
Italian Pasta Salad  
w/Fresh Broccoli  
Fruit Choice

*21*  
Seasoned Beef Tips  
Mashed Potatoes  
Carrots  
French Bread

*22*  
Pork Rib Honey BBQ  
on a Bulkie Roll  
Baked Fries  
Ranched Up Hummus  
Dip w/Fresh Veggie  
Bites, Fruit Choice

*23* Choice of:  
Cheese Pizza Stuffed  
Sandwich \*\* OR  
Pizza\*\*/Toppings  
Tossed Salad  
w/Spinach  
Fruit Choice

*26* Hamburger or  
Cheeseburger/Roll  
OR Vegetarian Stuffed  
Sandwich  
(rice/beans/cheese)  
Baked Fries  
Fruit Choice

*27* Chicken or  
Eggplant Parmesan  
w/Spaghetti\*\* & Meat-  
less Sauce, Garden  
Salad w/Romaine  
Garlic Bread  
Fruit Choice

*28*  
Chicken Nuggets  
w/Sauces  
Rice, Carrots, Dinner  
Roll\*\*  
Fruit Choice

*29* Steak n'Cheese  
Wrap or Sub  
Baked Fries  
Fruit Choice  
**Alternate: Grilled  
Cheese or  
Ham/Cheese**

*30*  
Personal Pan Pizza  
Caesar Salad  
Fruit Choice