

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



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



Daylight Savings March 11!

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

Code for Menued Items:
- = ground beef
+ = vegetarian
^ = ground turkey
^ = turkey product
= pork product
** = whole grain product
RF = Reduced Fat
RS = Reduced Sodium

				1 Choice of: Mini Chicken Sliders or Hamburger or Cheeseburger/Roll Baked Fries or Garden Salad, Fruit Choice PASTA BAR	2 Hand Made Chicken Fajita Pizza Tossed Salad w/Romaine & Garbanzo Beans Fruit Choice 	<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>
5 Hot Dog/Roll or Grilled Cheese or Ham/Cheese on Whole Wheat Bread Vegetarian Beans Baked Fries, Fruit Choice	6 Chicken Nuggets/Sauces Rice, Broccoli Dinner Roll ** Fruit Choice PASTA BAR	7 Scampi-Style Chicken w/Spaghetti ** Italian Vegetables French Bread Fruit Choice	8 Steak n'Cheese Wrap or Sub Baked Fries, Fruit Choice Alternate: Grilled Cheese or Ham/Cheese PASTA BAR	9 French Bread Pizza Vegetable Soup w/Kidney Beans Veggie Sticks w/Ranch Dip Fruit Choice		
12 Teriyaki Chicken Dippers Rice Pilaf Green Beans Dinner Roll ** Fruit Choice	13 EARLY RELEASE DAY NO LUNCH	14 Italian Hot Pocket + or Hot Dog/Roll Baked Fries Fruit Choice	15 Nachos Beef or Veggie (w/Beans) RF/RS Cheese Sauce Lettuce & Tomatoes Salsa w/Beans & Corn Brown Rice Fruit Choice PASTA BAR	16 Celebrate St. Patrick's Day Chicken Nuggets/Sauces Rice, Broccoli Dinner Roll ** 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 PASTA BAR	21 Rotini **/Meatless Sauce Pizza Sticks** Spinach & Romaine Salad Fruit Choice	22 Pork Rib Honey BBQ on a Bulkie Roll Baked Fries Ranched Up Hummus Dip/Fresh Veggies Fruit Choice PASTA BAR	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 Nuggets/Sauce Rice, Carrots Dinner Roll ** Fruit Choice PASTA BAR	28 Chicken or Eggplant Parmesan w/Spaghetti** Meatless Sauce Garden Salad w/Romaine, Garlic Bread, Fruit Choice	29 Steak n'Cheese Wrap or Sub Baked Fries Fruit Choice Alternate: Grilled Cheese or Ham/Cheese PASTA BAR	30 Wood Fired Grill 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