

BACK TO SCHOOL Menus for August & September 2018

Sheffield Elementary School

This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

BREAKFAST IN THE CLASSROOM

Monday: Whole Grain Cereal & Yogurt

Tuesday: Whole Grain Bagel & a Variety of Toppings

Wednesday: Egg & Cheese Breakfast Sandwich

Thursday: Whole Grain Cinnamon or Apple Roll & Cheesestick

Friday: Whole Grain Muffin & Yogurt

Each Breakfast comes with Fresh Fruit or 100% Fruit Juice & Milk

DON'T GET!
To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice and **3-5 items total** **Vegetables**

GILL-MONTAGUE REGIONAL SCHOOL DISTRICT
FOOD SERVICES

Join us daily for the original value meal!

All of our complete meals are always

NO CHARGE for all students

with no need to submit an application, thanks to the Community Eligibility Program!

Featured Specials of the Day

Thursday, August 30

Hot Diggity Dog
On a Whole Wheat Bun
Carrot & Cucumber Sticks
With Low-fat Ranch Dip or Hummus
Snack Chip
Fresh Fruit

Friday, August 31

Personal Pizza
With a Variety of Toppings
Fresh Broccoli Trees with Low-Fat Dip
Roasted Chick Peas
Assorted Fruit

★ LABOR DAY ★

Tuesday, September 4

Chicken Fingers & Dip
French Fries
Green Beans
Assorted Fruit

Wednesday, September 5

Cookout Day!
Hamburger w/ Cheese
On a Whole Wheat Bun
With Lettuce & Tomato
Cucumber Wheels with Low-Fat Ranch or Hummus
Tater Tots
Baked Beans
Cole Slaw

Thursday, September 6

Chicken Broccoli Alfredo
Garlic Knot
Steamed Carrots
Assorted Fruit

Friday, September 7

Pizza Variety Day!
Roasted Chick Peas
Fresh Veggie Medley
with Low-Fat Ranch Dip or Hummus
Assorted Fruit

TIME for LUNCH



We're here to serve you,
so please let us know
if there's anything we
can do for you.

HAVE A GREAT YEAR!

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

*This year, our menu will again feature regular Wellness tips,
showing how diet, exercise, and taking care of yourself can help
ensure that you stay healthy and at the top of your game!*

Featured Specials of the Day

Monday, September 10

Chicken Patty on a Whole Wheat Bun
With Smiley Fries & Green Beans

Tuesday, September 11

Philly Steak & Cheese Nachos
With Peppers & Onions, Salsa & Sour Cream
Bean Salad

Wednesday, September 12

Build-a-Sandwich Day!

Choose from Sliced Turkey, Ham, Tuna Salad, or Sunbutter & Jelly
On Wheat Goldfish Bread With Lettuce & Tomato
Cucumber Wheels with Low-Fat Ranch or Hummus
Snack Chip
Assorted Fruit

Thursday, September 13

Meatballs & Tomato Sauce Over Ziti
Garlic Breadstick
Garlic-Parmesan Broccoli

Friday, September 14

Pizza Variety Day
Crunchy Roasted Chick Peas
Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus

Featured Specials of the Day

Monday, September 17

KFC Chicken Bowl
Popcorn Chicken, Mashed Potatoes, Corn & Gravy
With a Whole Wheat Dinner Roll

Tuesday, September 18

Chicken Fajitas with Beans & Rice
Served with Salsa & Sour Cream

Wednesday, September 19

Brunch!
French Toast Sticks with Syrup or Fruit Topping
Sausage & Smiley Fries
Honey Glazed Carrots

Thursday, September 20

Chicken Patty Parmesan
Chicken Patty with Tomato Sauce & Mozzarella Cheese
Over Pasta
With Garlic—Parmesan Broccoli

Friday, September 21

Pizza Variety Day
Your choice of toppings on a Personal Pizza
With Crunchy Roasted Chick Peas
Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus

Available Daily

**A variety of Fresh Fruits
And Vegetables are available with
every meal!**

**Look for our LOCAL Produce
And our Harvest of the Month offerings**

**September's Harvest of the Month:
LOCAL Tomatoes**

Featured Specials of the Day

Monday, September 24

Chicken Fingers & Dip With French Fries
Green Beans

Tuesday, September 25

Taco Tuesday!

Seasoned Turkey Meat & Cheese over Tortilla Chips
with Rice, Beans, Corn & Diced Tomatoes
With Salsa & Sour Cream

Wednesday, September 26

Cookout Day!

Hamburger w/ Cheese
On a Whole Wheat Bun With Lettuce & Tomato
Cucumber Wheels with Low-Fat Ranch or Hummus
Tater Tots, Baked Beans & Cole Slaw

Thursday, September 27

Chicken & Broccoli Alfredo
With Garlic Knot & Steamed Carrots

Friday, September 28

Pizza Variety Day!
Your choice of toppings on a Personal Pizza
With Crunchy Roasted Chick Peas
Fresh Veggie Medley with Low-Fat Ranch Dip or Hummus

Remembering our Heroes on
September 11, and showing our
support for them all year round.



**Please see reverse for
items available daily**