






Lunches may be prepaid.
 Make check payable to
 School Food Services.
Elementary Lunch \$2.75
Milk only \$.50

ELEMENTARY SCHOOL
HAMPDEN WILBRAHAM REGIONAL SCHOOL DISTRICT

Menu subject to change
 based on product availability.
 Availability



August/September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternates: Offered Daily Bagel Lunch Power Pack Alternates come with Milk, Fruit and Veggies			30-Aug Ultragrain Stuffed Crust Pizza Garden Salad Red Pepper Strips Watermelon Slice	31-Aug Chicken Nuggets Oven Fries Corn Fruit
3-Sep Labor Day No School	4-Sep Macaroni & Cheese Chop Chop Salad Carrots Fruit	5-Sep Turkey Wrap on Wheat Tortilla Lettuce/ Tomato Reduced Fat Cape Cod Chips Baby Carrots w/ Dip Fruit	6-Sep Hamburger on Whole Grain Bun Lettuce-Tomato-Cheese Oven Fries Steamed Broccoli Fruit 	7-Sep Toasted Cheese on Whole Wheat Tomato Soup Garden Salad Fruit
10-Sep Popcorn Chicken Baked Sweet Potato Green Beans Fruit	11-Sep Pasta w/ Meatsauce Garden Salad Fruit 	12-Sep Baked Potato Bar Fresh Steamed Broccoli Vegetarian Bean Chili Shredded Cheddar Garlic Knot Fruit	13-Sep Taco Boat Lettuce -Salsa -Cheese Brown Rice Corn Fruit	14-Sep Cheese Pizza w/ WG Crust Baby Carrots w/ Low Fat Ranch Romaine Salad Fruit 
17-Sep WG Waffle Sticks Strawberries Peaches Ham Slice Sweet Potato Homefries	18-Sep Meatball Sub on WW Roll Shredded Mozzarella Fresh Garlic Green Beans Oven Fries Fruit	19-Sep Totally Taco Soup Tortilla Chips Shredded Cheese Corn Fruit	20-Sep Hot Dog on a W/G Bun Baked Beans Crunchy Cole Slaw Fruit	21-Sep Mozzarella Sticks Tomato Sauce for Dipping Seasoned Rotini Cucumber Spears Fruit
24-Sep French Toast Sticks Sausage Links Fuitable Juice Box Warm Cinnamon Apples	25-Sep Ham and Cheese Flatbread Melt Potato Smiles Hummus & Celery Sticks Fruit	26-Sep Totally Taco Max Snacks Salsa for Dipping Red Beans and Rice Corn Fruit	27-Sep Tangerine Chicken Brown Rice Roasted Butternut Squash Fruit	28-Sep Stuffed Crust Pizza Garden Salad Fruit
30-Sep	Register at: www.myschoolbucks.com Free to register to receive low balance emails		Check out the District Wellness Policy at: www.hwrsd.org	Cafeteria subs needed. Call Julie Dougal: 279-3808 or jdougal@hwrsd.org

This Institution is an equal opportunity provider and employer

