

FREE SCHOOL MEALS.

The easiest part of your day



Possible Daily Vegetarian Grab and Go Lunch

Options:

- Sun Butter and Jelly Sandwich V
- Yogurt and Granola Grab and Go
- Hummus and Veggie Grab and Go
- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily

TOMATOES



MASSACHUSETTS
FARM TO SCHOOL

HARVEST OF THE MONTH:

TOMATOES

Fun Fact:
There are around 10,000 varieties of tomatoes worldwide!



Early Childhood Center/Pre K

Sept 26th - Oct 7th Lunch Menu



MON

TUE

WED

THU

FRI

SEPT 26

Hamburger /
Cheeseburger on WW
Bun,
OR Turkey & Cheese
Sandwich,
With Bell Pepper Sticks
Fruit/Milk

SEPT 27

Chicken Broccoli Ziti,
OR
Ham Sandwich on WW
Bulkie Roll, Carrot Sticks
Fruit/Milk

SEPT 28

Grilled Cheese on WW
Bread OR Chicken Caesar
Salad with WW pita
Sweet Potato "Fries" &
Celery Sticks
Fruit/Milk

SEPT 29

Chicken Fajitas
Black Beans and Corn
Salad, Shredded Lettuce,
and Diced Tomatoes
OR Garden Salad with
Turkey & Cheese roll-ups
and a Dinner Roll

SEPT 30

Pizza
OR
Chicken Salad Sandwich
on WW Bun
With
Spinach and Romaine
Salad, Dressing

OCT 3

Buffalo Chicken Quesadilla
OR
Ham & Cheese Sandwich
on WW Croissant
with Buttered Corn and
Celery Sticks
Fruit/Milk

OCT 4

Pulled Pork Sandwich
OR
Chicken Caesar Wrap
With Vegetarian Baked
Beans and Coleslaw
Fruit/Milk

OCT 5

Mandarin Orange Chicken
OR
Turkey Sandwich on
Bulkie Roll
With Broccoli and
Vegetable Fried Rice
Fruit/Milk

OCT 6

Fish Sticks
OR
Grilled Chicken Wrap With
Chickpea Salad, Sweet
Potato Fries and a Dinner
Roll
Fruit/Milk

OCT 7

Pizza
OR
Tuna Salad Sandwich
With Garden Salad &
Dressing
Fruit/Milk



SALEM
PUBLIC SCHOOLS

Please Note: If you have a food allergy please speak to the school nurse and advise your kitchen manager
This institution is an equal Opportunity Provider