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APPLES

January

North Attleboro Middle
January 2019

NORTH ATTLEBOROUGH

SCHOOL NUTRITION

Feeding Healthy Futures

Serving Local Farm Fresh Produce: Ward Berry Farm

Meal Pricing

Breakfast \$1.50 (Reduced Price \$0.30)
Lunch \$2.60 (Reduced Price \$0.40)
A la carte Milk \$0.50 Smart Snacks \$0.75-\$1.75
Lunch includes a choice of Low Fat, Skim or Nonfat
Chocolate Milk! Make Checks Payable to: NA Food Service
Menu subject to change - Equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
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JOIN US FOR BREAKFAST!

Homemade Chicken Alfredo with Texas Toast
Fresh Broccoli with Dip
Fresh Apple Slices

7

Tender Tuesday BBQ or Teriyaki
Honey Wheat Dinner Roll
Oven Roasted Potatoes
Pea & Carrot Medley
Fresh Fruit Variety

8

Oven Fresh Pan Pizza
Fresh Side Salad
Fresh Apples
Assorted Fruit Variety

9

Harvest Delivery DAY!

Build Your Own Nachos w/ Mexi-Style Rice
Mexican Toppings Bar
Bean Salad
Everyone's Favorite Corn
Ward's Berry Farm
Local Apples

10

French Toast Sticks & Very Berry Yogurt Parfait
Sweet Potato Puffs
Frozen Strawberry Square Treat
Assorted Fruit Variety

11

Max Cheese Sticks w/ Marinara Sauce
Sugar Snap Peas & Carrots
Mashed Potato Swirl
Fresh Fruit Variety

14

Popcorn Chicken Bowl w/ Gravy & Mashed Potatoes
Texas Toast
Fresh Apples

15

Oven Fresh Pan Pizza
Mediterranean Flatbread with Hummus
Kale Caesar Salad
Fresh Mandarin Oranges

16

Grilled Cheese & Tomato Soup
Bean Salad
Assorted Fresh Fruit
Mini Rice Krispies Treats with each Meal
Lucky Tray Day!

17

Egg, Bacon & Cheese on a Fluffy Croissant
Sweet Potato Fries
BANANAS
Assorted Fresh Fruit

18

Martin Luther King Jr. Day

21

Professional Development Day

22

Oven Fresh Pan Pizza
Fresh Side Salad
Orange & Kiwi Wedges
Assorted Fruit Variety

23

Chinese Mandarin Chicken w/ Noodles & Fortune Cookie
Fresh Broccoli with Dip
Warm Edamame
Fresh Fruit Variety

24

Fluffy WG Pancakes with Sausage Links
Crispy Tator Tots
Fresh Grapefruit Wedges

25

Burger Bar
w/ Juicy Pickle Spear
Assorted Toppings
Oven Baked Curly Fries
Kale Chips
Assorted Fruit Variety

28

Pasta & Meatballs w/ Texas Toast
Pea & Carrot Medley
Fresh Grapes

29

Oven Fresh Pan Pizza
Fresh Side Salad
Fresh Apple Slices
Assorted Fruit Variety

30

Find us on: facebook

1/2 Day Parent Conferences

JOIN US FOR BREAKFAST!

Your choice of: Assorted Cereals, Bagel w/ cream cheese or jelly, Cinnamon Swirls, Zucchini or Banana Breakfast Bread, Egg Sandwiches, **Homemade Chocolate Chip Muffins** with Assorted Fruit, **MINI YOGURT PARFAITS** and 100% juice with your choice of nonfat chocolate, low fat or skim milk

ENTREES AVAILABLE DAILY:
Hot off the Grill: Spicy or Plain Crispy Chicken Sandwich, Cheeseburger, Hamburger, Popcorn Chicken Wrap or Tacos
Pizza by the Slice: Made fresh daily Cheese or Pepperoni
Garden Fresh Salads: Build-Your-Own Entrée Salad

SIDES AVAILABLE DAILY: Choice of Assorted Cupped Fruit, Fresh Fruit Variety, Fresh Veggies, 100% Juice and Milk Variety with all Lunches

*If you have a food allergy, please speak to the Kitchen Manager. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director Heather Baril, RD, SNS at 508-643-2130. This institution is an Equal Opportunity provider.