

LUNCH

JANUARY 2024


Shrewsbury Middle Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>New Year's Day No School</p>	<p>2</p> <p>Monti's Pizza Toasted Ham and Cheese Croissant Brunch Bag Baked Fries Green Beans Garden Salad Mixed Fruits</p>	<p>3</p> <p>Chicken Caesar Salad Bowl Grilled Cheese Tuna Sub Corn Tossed Salad Garlic Stick Pears</p>	<p>4</p> <p>Monti's Pizza Chicken BLT Sub Brunch Bag Steamed Broccoli Pasta Salad Garden Salad Peaches</p>	<p>5</p> <p>Breakfast for Lunch (Scrambled Eggs, Mini Waffles and Bacon) Chicken Patty Ham and Cheese on Wheat Steamed Carrots Macaroni Salad Celery Sticks and Hummus Apples</p>
<p>8</p> <p>Nachos Beef or Vegetarian Chicken Patty Sandwich Tuna on a Roll Corn Caesar Salad Tri Bean Salad Peaches</p>	<p>9</p> <p>½ Day Bagged Lunches to Go</p>	<p>10</p> <p>Pasta with Meat or Marinara Sauce Turkey and Cheese on Wheat Brunch Bag Green Beans Tossed Salad Roll Apples</p>	<p>11</p> <p>Monti's Pizza Ham and Cheese Sub Brunch Bag Steamed Broccoli Pasta Salad Cole Slaw Pears</p>	<p>12</p> <p>Cheese Burger or Gardenburger Chef's Choice Turkey Cheese Sub Pasta Salad Corn on the Cob Caesar Salad Peas Oranges</p>
<p>15</p> <p>Martin Luther King Day No School</p>	<p>16</p> <p>Monti's Pizza Toasted Ham and Cheese Croissant Brunch Bag Baked Fries Green Beans Garden Salad Mixed Fruits</p>	<p>17</p> <p>Popcorn Chicken Bowl Grilled Cheese Tuna Sub Corn Tossed Salad Roll Pears</p>	<p>18</p> <p>Monti's Pizza Chicken BLT Sub Brunch Bag Steamed Broccoli Pasta Salad Garden Salad Peaches</p>	<p>19</p> <p>Breakfast Sandwich(Egg/Cheese or Egg, Cheese and Bacon) Chicken Patty Ham and Cheese on Wheat Hash Brown Steamed Carrots Macaroni Salad Celery Sticks and Hummus Apples</p>

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<p>22 Orange Chicken/Rice and Fresh Steamed Broccoli/Fortune Cookie Veggie Melt Sub Brunch Bag Macaroni Salad Steamed Broccoli Peaches</p>	<p>23 Monti's Pizza Chicken Salad Croissant Brunch Bag Baked Fries Green Beans Garden Salad Mixed Fruits</p>	<p>24 Pasta with Meat or Marinara Sauce Turkey and Cheese on Wheat Brunch Bag Mixed Vegetables Tossed Salad Roll Apples</p>	<p>25 Monti's Pizza Ham and Cheese Sub Brunch Bag Steamed Carrots Pasta Salad Cole Slaw Pears</p>	<p>26 Taco Salad (Beef or Vegetarian Bean) Chicken Patty Sandwich Tuna on a Roll Corn Caesar Salad Tri Bean Salad Oranges</p>
<p>29 Cheese Burger or Gardenburger Chef's Choice Turkey Cheese Sub Corn on the Cob Caesar Salad Pasta Salad Oranges</p>	<p>30 Monti's Pizza Toasted Ham and Cheese Croissant Brunch Bag Baked Fries Green Beans Garden Salad Mixed Fruits</p>	<p>31 Chicken Caesar Salad Bowl Grilled Cheese Tuna Sub Corn Tossed Salad Garlic Stick Pears</p>		
<p>Please call the Cafeteria Manager at your child's school if you have questions about food ingredients or allergens.</p> <p>Menus are subject to change.</p> <p>Breakfast is served daily.</p>		<p>Brunch Bag Include: A Grain: Bagel, Muffin or Cereal, Milk, Fruit and Protein: Yogurt, Cheese or Hard-Boiled Egg</p> <p>All Lunches Include: Protein, Grain, Milk, Fruit and Vegetable Components</p>		<p><i>Meals are free for all students through June 30, 2024.</i></p>