

# LUNCH

***SEPTEMBER 2022***

## Shrewsbury Middle Schools

Monday	Tuesday	Wednesday	Thursday	Friday
	8/30 Monti's Pizza Toasted Ham and Cheese Croissant Brunch Bag Baked Fries Tri Bean Salad Garden Salad Corn Peaches	8/31 Pasta with Meat or Marinara Sauce Turkey and Cheese on Wheat Brunch Bag Green Beans Roll Apple Sauce	1 Monti's Pizza Chicken Salad Sub Brunch Bag Steamed Broccoli Pasta Salad Berries	2  No School Professional Day
5  No School Labor Day	6 Monti's Pizza Turkey and Cheese Croissant Brunch Bag Baked Sweet Potato Fries Tri Bean Salad Corn Apples	7 Mozzarella Sticks w/ Marinara Sauce Ham and Cheese on a Roll Brunch Bag Steamed Broccoli Tossed Salad Roll Pears	8 Monti's Pizza Chicken BLT Sub Brunch Bag Macaroni Salad Green Beans Mixed Fruits	9 Caesar Salad(Chicken or Vegetarian) w/Roll Chicken Patty Sandwich Brunch Bag Pasta Salad Carrot Sticks and Dip Peaches
12 Nachos Beef or Vegetarian Chicken Patty Sandwich Brunch Bag Caesar Salad Tri Bean Salad Oranges	13 Monti's Pizza Chicken Salad Croissant Brunch Bag Baked Fries Steamed Carrots Corn Pears	14 Pasta with Meat or Marinara Sauce Turkey and Cheese on Wheat Brunch Bag Green Beans Roll Tossed Salad Mixed Fruits	15 Monti's Pizza Ham and Cheese Sub Brunch Bag Steamed Broccoli Pasta Salad Apple Sauce	16 Popcorn Chicken Bowl Grilled Cheese Brunch Bag Mashed Potato Corn Roll Peaches

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19 Cheese Burger or Gardenburger Tuna Salad on a Roll Brunch Bag Baked Fries Caesar Salad Peas Blueberries	20 Monti's Pizza Turkey and Cheese Croissant Brunch Bag Baked Sweet Potato Fries Tri Bean Salad Corn Apples	21 Mozzarella Sticks w/ Marinara Sauce Ham and Cheese on Wheat Brunch Bag Green Beans Roll Pears	22 Monti's Pizza Chicken BLT Sub Brunch Bag Steamed Broccoli Pasta Salad Peaches	23 Taco Salad(Beef or Vegetarian) Buffalo Chicken Patty Brunch Bag Steamed Carrots Macaroni Salad Celery Sticks and Dip Mixed Fruits
26 Nachos Beef or Vegetarian Chicken Patty Sandwich Brunch Bag Corn Caesar Salad Tri Bean Salad Berries	27 Monti's Pizza Chicken Salad Croissant Brunch Bag Baked Fries Steamed Zucchini/Summer Squash Medley Garden Salad Corn Mixed Fruits	28 Pasta with Meat or Marinara Sauce Turkey and Cheese on Wheat Brunch Bag Green Beans Roll Apples	29 Monti's Pizza Ham and Cheese Sub Brunch Bag Steamed Broccoli Pasta Salad Pears	30 Meatball Sub w/Melted Cheese Roasted Vegetable Sub Brunch Bag Macaroni Salad Steamed Carrots Peaches
Please call the Cafeteria Manager at your child's school if you have questions about food ingredients or allergens.  <b>Menus are subject to change.</b>		Brunch Bag Include: A Grain: Bagel, Muffin or Cereal, Milk, Fruit and Protein: Yogurt , Cheese or Hard Boiled Egg  All Lunches Include: Protein ,Grain ,Milk, Fruit and Vegetable Components		<b><i>Paid Lunch \$3.50</i></b> <b><i>Reduced Lunch \$.40</i></b>

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