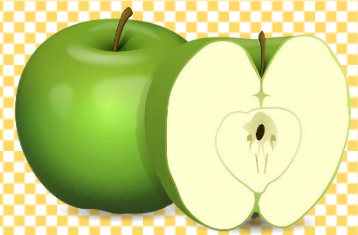








# November 2019

## Greenfield Middle School Lunch Menu



Massachusetts Harvest of the Month is Kale!



Week 1	Monday 11/04/19	Tuesday 11/05/19	Wednesday 11/06/19	Thursday 11/07/19	Friday 11/06/19
<b>Main Line</b>	Chicken Nugget & Mozzarella Stick Combo Baked Fries WG Roll Peas & Carrots 	No School In Service Day	<b>Pasta Wednesdays!</b> <i>Chicken Parmesan</i> Chicken Tender with WG breading over WG pasta Served with Steamed Carrots & Garlic Bread 	Chef Sam's Spicy BBQ Pulled Pork Chili Corn Bread Steamed Broccoli	<b>Pizza Fridays!</b> <i>Pizza Choices</i> Cheese Meat Lovers Garlic Served with a Fresh Green Salad 
<b>Alternate 1</b>	<b>Deli Bar</b> Made to Order wraps & Sandwiches Options include: Ham, Chicken, Turkey, Lettuce, Tomato, Onion, Pickles		<b>Soup Bar Wednesdays</b> House-made Soups of the Day! Served with a Sandwich or WG Rolls w/ a Fresh Side Salad 	<b>Salad Bar Thursdays</b> Made to Order Salad Topping options include Lettuce, tomatoes, peppers, cucumbers, olives, chicken, ham Whole Grain Rolls	<b>Smoothie Fridays</b> Smoothie Choices of the Day Strawberry or Banana Berry Served with WG Rolls & Side Salad
<b>Alternate 2</b>	Chicken Patty, Nacho Chips & Dip, SB&J Sandwich Meal		Fish & Chips, Nacho Chips & Dip, SB&J Sandwich Meal	Meatball Sub, Turkey Sandwich, SB&J Sandwich Meal	Nacho Chips & Dip, SB&J Sandwich Meal, Egg Salad sandwich, Chef's Pick Salad
<b>Five A Day</b>	Assorted Fresh Fruits Assorted Fresh Veggies		Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies
<b>Beverage</b>	Assorted Milk Flavors		Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors



Lunch Price \$3.00

Reduced Lunch Price \$0.40

Milk purchased separately from lunch \$0.60

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Menus are subject to change

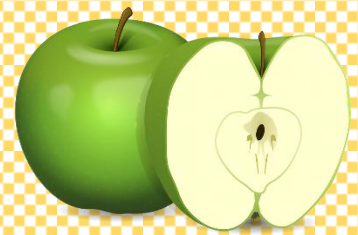
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# November 2019

## Greenfield Middle School Lunch Menu



Week 2	Monday 11/11/19	Tuesday 11/12/19	Wednesday 11/13/19	Thursday 11/14/19	Friday 11/15/19
<b>Main Line</b>	No School Columbus Day	Turkey Tacos Lettuce, Tomato, Shredded Cheddar Salsa Sour Cream Black Beans	<b>Pasta Wednesdays!</b> <i>Whole Grain Pasta with Meatballs &amp; Marinara Sauce</i> Served with Steamed Broccoli & Garlic Bread 	<b>Brunch For Lunch</b> Scrambled Eggs Sausage Pancakes Hashbrowns Roasted Chickpeas Cinnamon Apples	<b>Pizza Fridays!</b> <i>Pizza Choices</i> Cheese Buffalo Chicken Pepper & Onion Served with a Fresh Green Salad 
<b>Alternate 1</b>		<b>Nacho Bar Tuesdays</b> WG Tortilla Chips with Topping Choices of Meat, Cheese, Cheese Sauce, Lettuce Tomato, Olives, Sour Cream 	<b>Soup Bar Wednesdays</b> House-made Soups of the Day! Served with a Sandwich or WG Rolls w/ a Fresh Side Salad 	<b>Salad Bar Thursdays</b> Made to Order Salad Topping options include Lettuce, tomatoes, peppers, cucumbers, olives, chicken, ham Whole Grain Rolls	<b>Smoothie Fridays</b> Smoothie Choices of the Day Strawberry or Banana Berry Served with WG Rolls & Side Salad
<b>Alternate 2 SB&amp;J meal Includes Offered yogurt</b>		Grilled Chicken Sandwich, SB&J Sandwich Meal Veggie or Chef Salad	Fish & Chips, Nacho Chips & Dip, SB&J Sandwich Meal	Meatball Sub, Turkey Sandwich, SB&J Sandwich Meal	Nacho Chips & Dip, SB&J Sandwich Meal, Egg Salad sandwich, Chef's Pick Salad
<b>Five A Day</b>		Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies
<b>Beverage</b>		Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors



Lunch Price \$3.00

Reduced Lunch Price \$0.40

Milk purchased separately from lunch \$0.60

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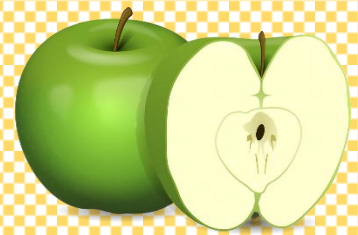
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# November 2019

## Greenfield Middle School Lunch Menu



Massachusetts Harvest of the Month is Kale!



Week 3	Monday 11/18/19	Tuesday 11/19/19	Wednesday 11/20/19	Thursday 11/21/19	Friday 11/22/19
<b>Main Line</b>	Hamburger/ Cheeseburger with Lettuce & Tomato Baked Golden Fries Fresh Local Pickles	Chicken & Cheese Quesadilla Served with Corn, Salsa, & Sour Cream Spanish Chickpea Stew	<b>Pasta Wednesdays!</b> <i>Pasta with Meat Sauce</i> Over WG Pasta Served with Steamed Broccoli and Garlic Bread 	Thanksgiving Turkey Mashed Potato Stuffing Gravy WG Dinner Roll Peas and Carrots	<b>Pizza Fridays!</b> <i>Pizza Choices</i> Cheese Meat Lovers Garlic Served with a Fresh Green Salad 
<b>Alternate 1</b>	<b>Deli Bar</b> Made to Order wraps & Sandwiches Options include: Ham, Chicken, Turkey, Lettuce, Tomato, Onion, Pickles	<b>Nacho Bar Tuesdays</b> WG Tortilla Chips with Topping Choices of Meat, Cheese, Cheese Sauce, Lettuce Tomato, Olives, Sour Cream 	<b>Soup Bar Wednesdays</b> House-made Soups of the Day! Served with a Sandwich or WG Rolls w/ a Fresh Side Salad 	<b>Salad Bar Thursdays</b> Made to Order Salad Topping options include Lettuce, tomatoes, peppers, cucumbers, olives, chicken, ham Whole Grain Rolls	<b>Smoothie Fridays</b> Smoothie Choices of the Day Strawberry or Banana Berry Served with WG Rolls & Side Salad
<b>Alternate 2 SB&amp;J meal Includes Offered yogurt</b>	Chicken Patty, Nacho Chips & Dip, SB&J Sandwich Meal	Grilled Chicken Sandwich, SB&J Sandwich Meal Veggie or Chef Salad	Fish & Chips, Nacho Chips & Dip, SB&J Sandwich Meal	Meatball Sub, Turkey Sandwich, SB&J Sandwich Meal	Nacho Chips & Dip, SB&J Sandwich Meal, Egg Salad sandwich, Chef's Pick Salad
<b>Five A Day</b>	Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies
<b>Beverage</b>	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors

Lunch Price \$3.00

Reduced Lunch Price \$0.40

Milk purchased separately from lunch \$0.60

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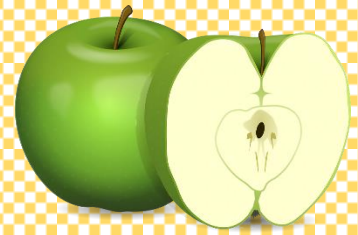
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# November 2019

## Greenfield Middle School Lunch Menu



Week 4	Monday 11/25/19	Tuesday 11/26/19	Wednesday 11/27/19	Thursday 11/28/19	Friday 11/29/19
Main Line	Spicy Chicken Patty On a Whole Grain Bun Lettuce & Tomato Baked Fries	House-made Beef Taco Pie Salsa Housemade Refried Beans Sour Cream	<b>Half Day</b> Meatball Grinder Baked Fries Fresh Fruit		
Alternate 1	<b>Deli Bar</b> Made to Order wraps & Sandwiches Options include: Ham, Chicken, Turkey, Lettuce, Tomato, Onion, Pickles	<b>Nacho Bar Tuesdays</b> WG Tortilla Chips with Topping Choices of Meat, Cheese, Cheese Sauce, Lettuce Tomato, Olives, Sour Cream			
Alternate 2 <i>SB&amp;J meal Includes Offered yogurt</i>	Chicken Patty, Nacho Chips & Dip, SB&J Sandwich Meal	Grilled Chicken Sandwich, SB&J Sandwich Meal Veggie or Chef Salad			
Five A Day	Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies	Assorted Fresh Fruits Assorted Fresh Veggies		
Beverage	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors		

Lunch Price \$3.00

Reduced Lunch Price \$0.40

Milk purchased separately from lunch \$0.60

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