









October 2019

Greenfield Middle School Lunch Menu



Week 1	Monday 09/30/19	Tuesday 10/01/19	Wednesday 10/02/19	Thursday 10/03/19	Friday 10/04/19
Main Line	Grilled Cheese Sandwich Homemade Soup Spinach & Carrots 	National Vegetarian Day Meatless Quiche Steamed Broccoli Whole Grain Roll 	Pasta Wednesdays! <i>Chicken Parmesan</i> Chicken Tender with WG breading over WG pasta Served with Steamed Green Beans & Garlic Bread 	National Soft Taco Day Soft Beef Tacos Lettuce & Chopped Tomato Shredded Cheddar Salsa & Sour Cream Bean & Corn Salad	Pizza Fridays! <i>Pizza Choices</i> Cheese Meat Lovers Garlic Served with a Fresh Green Salad 
Alternate 1	Deli Bar Made to Order wraps & Sandwiches Options include: Ham, Chicken, Turkey, Lettuce, Tomato, Onion, Pickles	Nacho Bar Tuesdays WG Tortilla Chips with Topping Choices of Meat, Cheese, Cheese Sauce, Lettuce Tomato, Olives, Sour Cream 	Soup Bar Wednesdays House-made Soups of the Day! Served with a Sandwich or WG Rolls w/ a Fresh Side Salad 	Salad Bar Thursdays Made to Order Salad Topping options include Lettuce, tomatoes, peppers, cucumbers, olives, chicken, ham Whole Grain Rolls	Smoothie Fridays Smoothie Choices of the Day Strawberry or Banana Berry Served with WG Rolls & Side Salad
Alternate 2 SB&J meal Includes Offered yogurt	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
Five A Day	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
Beverage	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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Massachusetts Harvest of the Month is Pears!



Week 2	Monday 10/07/19	Tuesday 10/08/19	Wednesday 10/09/19	Thursday 10/10/19	Friday 10/11/19
Main Line	Chicken Nuggets & Mozzarella Stick Combo Baked Fries WG Roll Carrots & Peas 	Chicken Fajitas Refried Beans Salsa Sour Cream 	Pasta Wednesdays! <i>Pasta With Meatballs</i> Marinara with Meatballs over WG pasta Served with Steamed Broccoli & Garlic Bread 	Brunch For Lunch Scrambled Eggs Sausage Whole Grain Pancakes Hash browns Cinnamon Apples 	Pizza Fridays! <i>Pizza Choices</i> Cheese Buffalo Chicken Pepper & Onion Served with a Fresh Green Salad 
Alternate 1	Deli Bar Made to Order wraps & Sandwiches Options include: Ham, Chicken, Turkey, Lettuce, Tomato, Onion, Pickles	Nacho Bar Tuesdays WG Tortilla Chips with Topping Choices of Meat, Cheese, Cheese Sauce, Lettuce Tomato, Olives, Sour Cream 	Soup Bar Wednesdays House-made Soups of the Day! Served with a Sandwich or WG Rolls w/ a Fresh Side Salad 	Salad Bar Thursdays Made to Order Salad Topping options include Lettuce, tomatoes, peppers, cucumbers, olives, chicken, ham Whole Grain Rolls	Smoothie Fridays Smoothie Choices of the Day Strawberry or Banana Berry Served with WG Rolls & Side Salad
Alternate 2 <i>SB&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	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
Five A Day	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
Beverage	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors



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Week 3	Monday 10/14/19	Tuesday 10/15/19	Wednesday 10/16/19	Thursday 10/17/19	Friday 10/18/19
Main Line	No School Columbus Day	Grilled Cheese Sandwich Tomato Soup Chickpea Salad Steamed Broccoli	Pasta Wednesdays! <i>Chicken Alfredo</i> over WG pasta Served with Steamed Carrots & Garlic Bread 	Loaded Nachos Rice & Beans Shredded Lettuce Salsa Sour Cream	Pizza Fridays! <i>Pizza Choices</i> Cheese Meat Lovers Garlic Served with a Fresh Green Salad 
Alternate 1		Nacho Bar Tuesdays WG Tortilla Chips with Topping Choices of Meat, Cheese, Cheese Sauce, Lettuce Tomato, Olives, Sour Cream 	Soup Bar Wednesdays House-made Soups of the Day! Served with a Sandwich or WG Rolls w/ a Fresh Side Salad 	Salad Bar Thursdays Made to Order Salad Topping options include Lettuce, tomatoes, peppers, cucumbers, olives, chicken, ham Whole Grain Rolls	Smoothie Fridays Smoothie Choices of the Day Strawberry or Banana Berry Served with WG Rolls & Side Salad
Alternate 2 <i>SB&J meal Includes Offered yogurt</i>		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
Five A Day		Assorted Fresh Fruits Assorted Fresh Veggies	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	Assorted Milk Flavors



Massachusetts Harvest of the Month is Pears!

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Week 4	Monday 10/21/19	Tuesday 10/22/19	Wednesday 10/23/19	Thursday 10/24/19	Friday 10/25/19
Main Line	Hamburger/ Cheeseburger with Lettuce & Tomato Baked Golden Fries Fresh Local Pickles	Lazy Chicken Pot Pie With a Whole Grain Biscuit Chickpea Salad Steamed Carrots	Pasta Wednesdays! <i>Pasta with Meat Sauce</i> Over WG Pasta Served with Steamed Broccoli and Garlic Bread 	Half Day Turkey Sandwich	Half Day Pizza Fridays! Pizza Sticks 
Alternate 1	Deli Bar Made to Order wraps & Sandwiches Options include: Ham, Chicken, Turkey, Lettuce, Tomato, Onion, Pickles	Nacho Bar Tuesdays WG Tortilla Chips with Topping Choices of Meat, Cheese, Cheese Sauce, Lettuce Tomato, Olives, Sour Cream 	Soup Bar Wednesdays House-made Soups of the Day! Served with a Sandwich or WG Rolls w/ a Fresh Side Salad 		
Alternate 2 <i>SB&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	Fish & Chips, Nacho Chips & Dip, SB&J Sandwich Meal	SB&J Sandwich & Yogurt	SB&J Sandwich & Yogurt
Five A Day	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
Beverage	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors



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Week 5	Monday 10/28/19	Tuesday 10/29/19	Wednesday 10/30/19	Thursday 10/31/19	Friday 11/01/19
Main Line	Spicy Chicken Patty On a Whole Grain Bun Lettuce & Tomato Baked Fries	House-made Shepherd's Pie Whole Grain Roll Broccoli	Pasta Wednesdays! <i>Chicken Parmesan</i> Chicken Tender with WG breading over WG pasta Served with Steamed Green Beans & Garlic Bread	Chef Sam's Spicy BBQ Pulled Pork Chili Corn Bread Steamed Carrots	Pizza Fridays! <i>Pizza Choices</i> Cheese Meat Lovers Garlic Served with a Fresh Green Salad 
Alternate 1	Deli Bar Made to Order wraps & Sandwiches Options include: Ham, Chicken, Turkey, Lettuce, Tomato, Onion, Pickles	Nacho Bar Tuesdays WG Tortilla Chips with Topping Choices of Meat, Cheese, Cheese Sauce, Lettuce Tomato, Olives, Sour Cream 	Soup Bar Wednesdays House-made Soups of the Day! Served with a Sandwich or WG Rolls w/ a Fresh Side Salad 	Salad Bar Thursdays Made to Order Salad Topping options include Lettuce, tomatoes, peppers, cucumbers, olives, chicken, ham Whole Grain Rolls	Smoothie Fridays Smoothie Choices of the Day Strawberry or Banana Berry Served with WG Rolls & Side Salad
Alternate 2 <i>SB&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	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
Five A Day	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
Beverage	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors	Assorted Milk Flavors

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