

Student Lunch \$2.50  
 Adult Lunch \$3.50

Nashoba Regional School District  
 Grades 1 - 8  
 September 2006

Menu Subject to Change Without Notice

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Alternates</b> Mon: Grilled Cheese Sandwich <M> Tues. Bagel, Cheese & Fruit <M> Wed.: Tuna Boat <E,S> Thurs.: Egg Salad Roll <E,S> Fri. Hamburger/Cheeseburger <M,S>		<b>Whole Wheat Dinner Roll Available Daily!</b>	<b>Tossed Salad Plate with Meat or Cheese Topping and Choice of Dressing Available daily</b>	9/1 <b>Assorted Fresh Fruit and 100% Fruit Juice Available Daily</b> <b>M,E,S indicate that Milk, Egg, or Soy May be Present</b>
4-Sep Labor Day	9/5/2006 <b>Welcome Back!</b> White Meat Chicken Nuggets with Sauces<M, E, S> Rice Pilaf <S> Steamed Green Beans Fresh Apples	6-Sep Sliced Turkey Breast Bulkie Roll with Lettuce & Tomato<S> Carrot Sticks w/Dip<E,S> Corn Chips<S> Pudding<M,E,S> or Bananas	7-Sep Spaghetti Meat Sauce<M,E,S> Steamed California Vegetables Fresh Baked Bread Stick <M> Chilled Peaches	8-Sep French Bread Pizza <M,S>with Assorted Toppings Tossed Garden Salad Asst Dressings <M,E,S> Peaches
11-Sep Hamburger<S> or Cheeseburger<M,S> on a Roll<M,S> Lettuce & Tomato Pasta Salad <M,E,S> Chilled Mixed Fruit Fresh Watermelon	12-Sep Marinated Chicken Fajita Strips in a Soft Taco Shell<M,S> Spanish Rice <S> Steamed Broccoli Fresh Orange	13-Sep Meatball Sub <M,E,S> Oven Baked Curly Fries <S> Steamed Peas Cool Cantaloupe or Jello	14-Sep Mozzarella Sticks<M,E,S> with Dipping Sauce <S> Tossed Salad w/Choice of Dressing Steamed Carrots Chilled Mixed Fruit	9/15/2006 <b>Early Release</b> Wheat Bagel w/Ham, Egg & Cheese Baked Potato Puffs <S> Fresh Veggie Sticks Apple Crisp
18-Sep Hot Dog on a Roll <M,S> Oven Baked Fries <S> Baked Beans or Steamed Corn Fresh Apple	19-Sep Crunchy Fish Nuggets <M,E,S> Mashed Potatoes <M,S> Fresh Made Cole Slaw <M,S> Fresh Fruit or Blueberry Square < E,S>	20-Sep Grilled Chicken Breast <S> on a Roll <M,S> Lettuce & Tomato Penne Pasta Salad <M,S> Chilled Peaches	21-Sep Taco Bowl <S> Shredded Cheese <M,S> Lettuce ,Tomato, Salsa Spanish Rice, Cornbread, M,E,S> Choice of Fresh Fruit	22-Sep Teriyaki Chicken on a Roll <S> Carrot Stcks w/Dip <M,E,S> Steamed Corn Fresh Grapes or Kiwi Wedges
25-Sep Honey BBQ Rib<S> on a Roll Baked Potato Puffs<S> Steamed Mixed Vegetables Fresh Grapes	26-Sep Teriyaki Beef Dippers <S> Rice Pilaf <S> Srir Fry Vegetables Fortune Cookie<E>	27-Sep French Bread Pizza <M,S> with Asst. Toppings Tossed Garden Salad with Choice of Dressing <M,E,S> Chilled Pears	28-Sep Chicken Pot Pie <M,E,S> Steamed Mixed Vegetables Warm Apple Crisp or Fresh Fruit Whole Wheat Dinner Roll	9/29/2006 <b>Early Release</b> <b>Brunch for Lunch Returns!</b> Whole Wheat Waffles <M,E,S> Scrambled Egg Patty <E> Turkey Sausage Patty Applesauce