

Beverly Elementary School Lunch Menu 2009-2010

Daily Entrée Offerings:

- Hot Menu Choice
- Sandwich of the Week
- Chef's Salad w/ Bread Stick
- Bagel & Cheese Meal

Lunch Prices:

- \$2.50 - Elementary
- \$0.40 - Reduced

Free and Reduced-price applications

are available at all schools and online.

Applications are accepted any time during the school year.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Teriyaki Chicken Dippers Rice Pilaf Fruit & Vegetable Milk	Pasta with Marinara Sauce & Cheese Sticks Fruit & Vegetable Milk	Cheeseburger on a Bun Potato Puffs Fruit & Vegetable Milk	Hot Turkey Sandwich w/ Gravy Fruit & Vegetable Milk	Stuffed Crust Pizza Vegetable Fruit & Milk Jell-O
	Sandwich of the Week: Tuna Roll				
MENU #2	Shepherd's Pie Dinner Roll Vegetable Fruit Milk	Nachos Grande w/ Beef, Cheese & Veggie Toppings Fruit & Vegetable Milk	Chicken Nuggets Corn & Ginger Rice Vegetable Fruit Milk	Meatball Sub or Pasta w/ Meatballs Vegetable Fruit Milk	Ind. Round Pizza Vegetable Fruit Milk Pudding
	Sandwich of the Week: Ham & Cheese				
MENU #3	Chicken Patty on a Bun Potato Puffs Fruit & Vegetable Milk	Pasta with Marinara Sauce & Cheese Sticks Fruit & Vegetable Milk	Hot Dog in a Bun Potato Smiles Vegetable Fruit Milk	Roasted Turkey w/ Gravy and Roll Mashed Potatoes Fruit & Vegetable Milk	Stuffed Crust Pizza Vegetable Fruit & Milk Jell-O
	Sandwich of the Week: Turkey Rollup				
MENU #4	Popcorn Chicken Rice Pilaf Vegetable Fruit Milk	Homemade Baked Macaroni & Cheese Vegetable Fruit Milk	Beef Tacos w/ Veggies and Cheese Corn Bread Fruit & Vegetable Milk	American Chop Suey Garlic Bread Fruit & Vegetable Milk	Ind. Round Pizza Vegetable Fruit Milk Pudding
	Sandwich of the Week: Bologna & Cheese				

Parents are encouraged to prepay for lunches. Please be sure to write your child's full name on the check.

Each week of our 4-week cycle menu is represented by a color. Follow the menu with it's calendar day.

September-09	October-09	November-09	December-09	January-10																																																																																																																																																						
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Menu is subject to change without notice.

Milk: A variety of low fat plain and flavored milk, skim and Lactaid are offered with all meals. Students may take 1 with a meal.

Fruits: A variety of fresh, canned, frozen and/or dried fruits & 100% fruit juice are available with each meal. Students may take 1 with a meal.

Vegetables: A variety of fresh, canned or frozen vegetables are available with each meal. Students may take 1 with a meal.

Entrée: Entrée includes protein and grains. Students may take 1 with a meal.

Bagel & Cheese meal includes bagel, cheese, and fruit. Student may also take a milk and a vegetable.

Sandwich of the week includes a choice of veggie sticks, fruit and milk. Chef' Salad includes a choice of fruit & Milk