

Westford School February 6-February 10, 2012

Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10
<p>Chicken Pattie On a Bun Fresh Lettuce and Sliced Tomato ---</p> <p>Ham and Cheese Sandwich Toppings include: Leaf Lettuce, Sliced Tomato and Pickle ---</p> <p>Turkey Wrap Sliced Turkey, Leaf Lettuce, Sliced Tomato, Pickles and Mayonnaise ---</p> <p>Grab and Go Salad Garden or Chef Salad ---</p> <p>Stonyfield Yogurt Meal ---</p> <p>Additional Offerings- Baked Potato Puffs, Steamed Green Beans and Mixed Fruit Cup</p> <p>Daily Fruit and Veggies to Include- Fresh Baby Carrots, Celery Sticks, Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange Kiwi or Mixed Fruit Cup</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Bagel Meal Sausage, Ham Pattie, or Cream Cheese ---</p> <p>Cheese Sandwich Toppings include: Leaf Lettuce, Sliced Tomato and Pickle ---</p> <p>Chicken Caesar Wrap Chicken, Romaine Lettuce, Provolone Cheese and Caesar Dressing ---</p> <p>Grab and Go Salad Garden or Chef Salad ---</p> <p>Stonyfield Yogurt ---</p> <p>Additional Offerings- Pear Slices in Natural Juice</p> <p>Daily Fruit and Veggies to Include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange Kiwi or Apple Sauce</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Beef Taco Shredded Lettuce, Diced Tomato, Shredded Cheese and Salsa ---</p> <p>Turkey Sandwich Toppings include: Leaf Lettuce, Sliced Tomato and Pickle ---</p> <p>Chicken Salad Wrap Chicken Salad, Lettuce and Tomato ---</p> <p>Grab and Go Salad Garden or Chef Salad ---</p> <p>Stonyfield Yogurt ---</p> <p>Additional Offerings- Mexican Rice , Steamed Sweet Corn and Apple Sauce</p> <p>Daily Fruit and Veggies to Include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange Kiwi or Pear Slices in Natural Juice</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Spaghetti Homemade Meat or Marinara Sauce ---</p> <p>Egg Salad Sandwich Toppings include: Leaf Lettuce, Sliced Tomato and Pickle ---</p> <p>Barbeque Chicken Wrap Barbeque Chicken, Lettuce, Onion and Cheddar Cheese ---</p> <p>Grab and Go Salad Garden or Chef Salad ---</p> <p>Stonyfield Yogurt ---</p> <p>Additional Offerings- Garlic Bread, Tossed Caesar Salad and Sliced Cling Peaches</p> <p>Daily Fruit and Veggies to Include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange Kiwi or Pineapple Chunks</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Pizza Day Pepperoni, Cheese or Fresh Veggie Pizza ---</p> <p>Tuna Salad Sandwich Toppings include: Leaf Lettuce, Sliced Tomato and Pickle ---</p> <p>Chicken Fajita Wrap Fajita Chicken, Cheddar Cheese, Salsa, Sour Cream, Lettuce, Onions and Peppers ---</p> <p>Grab and Go Salad Garden or Chef Salad ---</p> <p>Stonyfield Yogurt ---</p> <p>Additional Offerings- Tossed Green Leaf Garden Salad and Choice of Dressing</p> <p>Daily Fruit and Veggies to Include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>

CCSU FOOD SERVICE MAKES IT EASY AND DELICIOUS TO MAKE HEALTHY CHOICES! START YOUR DAY OUT RIGHT, EAT BREAKFAST. BREAKFAST IS SERVED DAILY.

Did you know? To reduce a child's chances of getting mercury poisoning do not serve them shark, swordfish, king mackerel or tilefish, which are the primary seafood known for containing mercury.

