

PRICES

Full Price:	2.30	Daily Milk choices offered are Fat Free and Low Fat.
Reduced:	.40	Vegetables & Fruits, often fresh & locally grown,
Adult	3.75	is offered with every meal.
Milk:	.45	A fresh veggie cup is offered daily

Menu Notes:**Daily Alternates:**

- *New: Yogurt now served with a pretzel and fix'ins
- Choose granola and fruit to go with your yogurt
- *Toasted Cheese on Whole Wheat Bread



Veggie cups offered daily

Monday January 2, 2017**No School
Holiday Recess****Tuesday January 3, 2017**

Hot Dog
Whole Wheat Bun
Baked Beans
French Fries
Fruit Choice
Milk

Wednesday January 4, 2017

National Spaghetti Day
"Pasta your Way"
Pasta w/woSauce/ Meatballs
Parmesan Cheese
Garlic Bread
Broccoli
Fruit Choice
Milk

Thursday January 5, 2017

Chicken Patty
On Whole Wheat Bun
California Blend Vegetables
Choice of Sorbets
Milk

Friday January 6, 2017

Cheezy Bread w/wo sauce
Tossed Salad with Greens
Fruit Choice
Annie's Grahams
Milk

Veggie cups offered daily

Monday January 9, 2017

Ham and Cheese Bagel Melt
Sweet Potato Bites
Bean and Corn Salsa
Fruit Choice
Milk

Tuesday January 10, 2017

Popcorn Chicken
Rice Pilaf
California Blend Veggies
Slice of Whole Wheat Bread
Fruit Choice
Milk

Wednesday January 11, 2017

Breakfast for Lunch
Fruitables Tropical Twist
French Toast Sticks w/ Syrup
Sausages
Tator Tots
Fruit Choice
Milk

Thursday January 12, 2017

Turkey and Gravy with
Whipped Mashed Potatoes
Whole Kernel Corn
Whole Wheat Bread
Fruit Choice
Milk

Friday January 13, 2017

Half Day of School
Tomato Soup
Toasted Cheese Sandwich
Steamed Broccoli
Fruit Choice
Milk

Veggie cups offered daily

Monday January 16, 2017**No School
Martin Luther King Day****Tuesday January 17, 2017**

Chicken Nuggets
Rice Pilaf
Steamed Green Beans
Pretzel Rod
Fruit Choice
Milk

Wednesday January 18, 2017

Cheeseburger
Whole Wheat Bun
Baked Beans
Bag of Cape Cod Potato Chips
Fruit Choice
Milk

Thursday January 19, 2017

American Chop Suey
Garlic Bread
Broccoli
Fruit Choice
Milk

Friday January 20, 2017

Pepperoni Pizza
Tossed Salad with Greens
Fruit Choice
Annie's Grahams
Milk

Veggie cups offered daily

Monday January 23, 2017

Popcorn Chicken
Rice Pilaf
California Blend veggies
Slice of Whole Wheat Bread
Fruit Choice
Milk

Tuesday January 24, 2017

BBQ Rib
on Whole Wheat Bun
Baked Beans
Bag of Cape Cod Potato Chips
Fruit Choice
Milk

Wednesday January 25, 2017

Breakfast for Lunch
Fruitables Tropical Twist
Waffles w/ Syrup
Sausages
Tator Tots
Fruit Choice
Milk

Thursday January 26, 2017

Nacho Tacos-Tortilla Chips
w/ Seasoned Beef and Cheese
Whole Kernel Corn
Corn Bread
Choice of Assorted Fruits
Milk

Friday January 27, 2017

Chocolate Cake Day
Stuffed Crust Pizza
Tossed Salad with Greens
Frosted Chocolate Cake
Fruit Choice
Milk

Monday January 30, 2017

Hot Dog
Whole Wheat Bun
Baked Beans
Bag of Cape Cod Potato Chips
Fruit Choice
Milk

Tuesday January 31, 2017

Chicken and Cheese Quesadilla
with Salsa and Sour Cream
Rice Pilaf
Whole Kernel Corn
Fruit Choice
Milk

January Fun Facts:

**The first New Year's Ball drop at Times Square in New York City was in 1908!

**On average, January is the coldest month of the year in the Northern Hemisphere!



Lunch price includes: 5 components
Milk, protein, grains, fruit and a vegetable
Must take a fruit or vegetable
plus 2 more components for a complete meal

The Food Services Department is looking for substitute cafeteria workers.

If interested, you may fill out an application in the Personnel Department at City Hall or go to the Personnel Department page at www.cityofwestfield.org for an application
For additional information, please call the Food Services Office at 572-6493

Menu is subject to change due to product availability and vendor deliveries.
Menu may contain allergens

This institution is an equal opportunity provider and employer.