

Southbridge Public Schools Elementary Lunch Menu
November 18-22, 2019

| Assorted milk available at all meals | MONDAY, 11/18 | TUESDAY, 11/19 | WEDNESDAY, 11/20 | THURSDAY, 11/21 | FRIDAY, 11/22 |
|---|--|--|--|--|--|
| PROTEIN | Cheese Omelet | WG Popcorn Chicken | Roast Turkey w/Gravy | Meatball Sub | Personal Round Pizza, WG |
| GRAIN | WG Banana Muffin | Spanish Rice | WG Dinner Roll | (sub roll) | (pizza) |
| VEGETABLE * asst raw vegetables also available | Potato Smiles | Baked Beans | Mashed Potato Carrots | Green Beans | Harvest of the Month featuring KALE: Romaine/ Kale Salad w/ dressing |
| FRUIT* fresh fruit available | Assorted Fruit | Assorted Fruit | Assorted Fruit | Assorted Fruit | Assorted Fruit |
| CONDIMENTS | | | | | |
| ALTERNATE | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> |

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**Southbridge Public Schools Elementary Lunch Menu
November 25-29, 2019**

| Assorted milk available at all meals | MONDAY, 11/25 | TUESDAY, 11/26 | WEDNESDAY, 11/27 | THURSDAY, 11/28 | FRIDAY, 11/29 |
|---|--|--|------------------------|--------------------------------|------------------------|
| PROTEIN | BBQ Pork Rib Pattie | Max Stix, WG | | | |
| GRAIN | On a WG Bun | (max stixs) | NO SCHOOL TODAY | NO SCHOOL TODAY | NO SCHOOL TODAY |
| VEGETABLE * asst raw vegetables also available | Chili Beans | Marinara Sauce Corn | | HAPPY THANKSGIVING! | |
| FRUIT* fresh fruit available | Assorted Fruit | Assorted Fruit | | | |
| CONDIMENTS | | | | | |
| ALTERNATE* | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack))</p> <p>Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack</p> <p>WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack))</p> <p>Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack</p> <p>WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | | | |

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**Southbridge Public Schools Elementary Lunch Menu
December 2-6, 2019**

| Assorted milk available at all meals | MONDAY, 12/2 | TUESDAY, 12/3 | WEDNESDAY, 12/4 | THURSDAY, 12/5 | FRIDAY, 12/6 |
|---|--|--|--|--|--|
| PROTEIN | WG Pizza Crunchers | WG Macaroni & Cheese | Turkey, Ham & Cheese Grinder | WG Chicken Strips, Cheese sauce & | Mini WG Corn Dogs |
| GRAIN | | | (grinder) | WG Pretzel | |
| VEGETABLE * asst raw vegetables also available | Broccoli | Green Beans | Mango Wango Juice Tomato Soup | Corn | Power Bean Salad |
| FRUIT* fresh fruit available | Assorted Fruit | Assorted Fruit | Assorted Fruit | Assorted Fruit | Assorted Fruit |
| CONDIMENTS | | | Mustard, Mayonnaise | | |
| ALTERNATE | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> |

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Southbridge Public Schools Elementary Lunch Menu
December 9-13, 2019

| Assorted milk available at all meals | MONDAY, 12/9 | TUESDAY, 12/10 | WEDNESDAY, 12/11 | THURSDAY, 12/12 | FRIDAY, 12/13 |
|---|--|--|--|--|--|
| PROTEIN | Sausage | WG Breaded Drumstick | Hamburger or cheeseburger | WG Mozzarella Sticks | WG Stuffed Crust Pizza |
| GRAIN | WG French Toast | Homebaked Cornbread | On a WG Bun | (mozzarella sticks) | (pizza) |
| VEGETABLE * asst raw vegetables also available | Tater Tots | Baked Beans | Roasted Broccoli | Marinara Sauce Harvest of the Month Featuring CARROTS Honey Roasted Carrots | Green Beans |
| FRUIT* fresh fruit available | Assorted Fruit | Assorted Fruit | Assorted Fruit | Assorted Fruit | Assorted Fruit |
| CONDIMENTS | Pancake Syrup | | | | |
| ALTERNATE* | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> |

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**Southbridge Public Schools Elementary Lunch Menu
December 16-20, 2019**

| Assorted milk available at all meals | MONDAY, 12/16 | TUESDAY, 12/17 | WEDNESDAY, 12/18 | THURSDAY, 12/19 | FRIDAY, 12/20 |
|---|--|--|--|--|--|
| PROTEIN | Cheese Omelet | WG French Bread Pizza | WG Chicken Patty | Hot Dog | Toasted Cheese Sandwich |
| GRAIN | WG Banana Muffin | (pizza) | On a WG Bun | On a WG Roll | (sandwich) Chicken Noodle Soup |
| VEGETABLE * asst raw vegetables also available | Potato Smiles | Romaine Salad w/ dressing | Green Beans | Chili Beans | Carrrots |
| FRUIT* fresh fruit available | Assorted Fruit | Assorted Fruit | Assorted Fruit | Assorted Fruit | Assorted Fruit |
| CONDIMENTS | | | | Mustard/ketchup | |
| ALTERNATE | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> | <p>Pioneer Parfait (yogurt, fruit, granola,cheese stick,WG savory snack)) Deli Roll-up 2 oz ham, turkey & cheese on a WG tortilla, mustard, mayo, WG sweet snack WOW I can't believe it's not peanut butter Pac-Soy butter & jelly sandwich, 1 oz cheese stick, WG savory snack</p> |

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