

Lunch \$3.00  
Milk \$ .60



**\*\*Meatless Meal**

Mon	Tue	Wed	Thu	Fri
		<b>1</b>	<b>2</b>	<b>3</b>
<b>Arlington School Lunch Program 781-316-3643</b>		1. Hot dog on a roll with vegetarian baked beans or 2. **French bread pizza or 3. Chicken Caesar salad with whole wheat pita <b>Served with:</b> Green beans 100 % Frozen Juice Bar	1. **Soft pretzel with yogurt and fruit parfait or 2. Mini beef sliders on rolls or 3. Greek salad with chicken, peppers, feta, olives and breadstick <b>Served with:</b> Fresh baby carrots Peach cup	1. **Sal's Fresh Pizza or 2. Chicken parmesan sandwich with sauce and cheese  <b>Served with:</b> Caesar salad Fresh fruit Pudding with topping
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
1. Popcorn chicken or 2. Whole wheat pancakes, sausage or 3. **Toasted cheese on whole wheat bread <b>Served with:</b> Baked potato puffs Mandarin oranges	1. **Baked, breaded mozzarella cheese sticks with dipping sauce or 2. BBQ pork rib patty on a roll or 3. Grilled chicken on a roll with lettuce and tomato <b>Served with:</b> Corn on the cob Grapes Goldfish pretzels	1. Hot dog on a roll or 2. Hamburger with optional cheese on a roll or 3. **Garden salad with scoop of tuna, cheddar cheese, wheat pita <b>Served with:</b> Macaroli cheese pasta Green peas Strawberry cup	1. Nachos with taco meat, cheese, lettuce, tomato and salsa or 2. Ham and cheese pinwheels with Sun chips or 3. **Veggie burger on a roll with optional cheese, Sun Chips <b>Served with:</b> Veggie sticks with dip Applesauce cup	1. **Sal's Fresh Pizza or 2. Turkey, cheese and bacon panini  <b>Served with:</b> Tossed salad 100% Juice Jell-O with topping
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
1. Heart shaped chicken nuggets or 2. **Heart shaped soft pretzel with yogurt & fruit parfait <b>Served with:</b> String cheese Honey wheat roll Strawberry cup Heart cookie	<b>Early Release Day Dismissal at 12:30</b>  Sal's Fresh Pizza Fresh fruit Fresh baby carrots 100 Calorie snack	1. Hot dog on a roll with vegetarian baked beans or 2. Tossed salad with grilled chicken/pita or 3. **Egg and cheese sandwich on a bagel <b>Served with:</b> 100 % Juice Roasted squash Smart food popcorn	1. Macaroni and cheese with honey wheat roll or 2. Chicken salad on a roll or 3. **Fresh fruit salad, yogurt and muffin <b>Served with:</b> String cheese Cheddar goldfish crackers Fresh fruit	1. **Sal's Fresh Pizza or 2. Hamburger with optional cheese  <b>Served with:</b> Tomato, bean and corn salad Raisins
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<h2>Have a Save and Enjoyable Winter Break!</h2>				
<b>27</b>	<b>28</b>	<b>29</b>		
1. Popcorn chicken or 2. Personal pan pizza or 3. **Toasted cheese panini <b>Served with:</b> Rice pilaf Green peas Fresh fruit	1. Soft beef tacos with lettuce, tomato, cheese, salsa or 2. Cheese pizza or 3. **Sunflower butter and fluff on whole wheat <b>Served with:</b> Celery sticks and dip Fruit cup Rice Krispie Treat	1. Hot dog on a roll or 2. Chef's salad with ham, turkey, egg & cheese or 3. **Baked pasta with marinara and cheese <b>Served with:</b> Tossed garden salad Applesauce Animal crackers	<b>Prepayment Information:</b>  Prepayments can be made in each cafeteria with a check made out to: Town of Arlington- Food Service or online at <a href="http://www.mynutrikids.com">www.mynutrikids.com</a> . You can monitor your child's account at this website even if you choose to not pay online. In addition, parents can set up e-mail alerts to notify them when balances are getting low!	