

Menu Subject to change due to product availability

NEMS Lunch Menu - February 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Free & Reduced Meal Applications accepted every day of the school year. Please complete and return to school. Also on our website at: http://www.bristol.k12.ct</p>			<p>1 Pasta w/Meat sauce, bun Or Sausage, Egg & Cheese on a Bagel Green Salad, veg of the day (veggie/fruit/milk)</p>	<p>2 Cheese Pizza Or Cheese Quesadilla w/salsa Oven fries Veg of the day (veggie/fruit/milk)</p>	<p>3 Mozzarella Sticks w/sauce, brown rice Or Nachos, chili & Cheese sauce Veg & salad (veggie/fruit/milk)</p>	<p><u>Other Menu Items</u></p>
<p>Prepay online: www.myschoolbucks.com Or checks payable to Bristol School Food Service</p>	<p>6 Chicken Nuggets w/ mashed potatoes bun Or Chicken Pot Pie Green salad ,veg (veggie/fruit/milk)</p>	<p>7 Taco Triangles Or Spicy Chicken Patty on Roll ,L&T Oven Fries, veg (veggie/fruit/milk)</p>	<p>8 Mac & Cheese, bun Or Meatball Grinders Green Salad, veg (veggie/fruit/milk)</p>	<p>9 Cheese Pizza Or Chicken Parmesan On a Roll Oven fries, Veg (veggie/fruit/milk)</p>	<p>10 Cheese Bosco Stick w/sauce, , brown rice Or Mini Pancakes-Hash Brown-Turkey sausage Veg & Salad (veggie/fruit/milk)</p>	<p><u>Daily</u> Salads & Yogurt Boats Assorted Veggie Cups Grinders: Pre-made or Deli Style</p>
<p>Paid \$3.00 Reduced .40</p>	<p>13 Chicken Nuggets w/mashed potatoes, bun Or Rib-B-Cue Sandwich Green Salad, veg (veggie/fruit/milk)</p>	<p>14 Corn Dogs Or Spicy Chicken Sandwich, L&T Oven fries, veg (veggie/fruit/milk)</p>	<p>15 Pasta w/Meatballs, bun Or Sausage- Egg & Cheese on a Bagel Green Salad, Veg (veggie/fruit/salad)</p>	<p>16 Cheese Pizza Or Chicken Patty Sandwich, L&T Oven fries, Veg (veggie/fruit/milk)</p>	<p>17 Cheese Calzone w/sauce, brown rice Veg & Salad Nacho's, Chili & Cheese (veggie/fruit/milk)</p>	<p><u>Hamburgers</u> <u>Cheeseburgers</u> <u>Hot Dogs</u></p>
<p>Milk Varieties: Healthy Moo: Nonfat Chocolate/Strawberry 1% White Nonfat Skim/Lactaid</p>	<p>20 NO SCHOOL</p>	<p>21 NO SCHOOL</p>	<p>22 Taco Boat w/trimmings Or Steak & Cheese Grinder Green Salad, Veg</p>	<p>23 Cheese Pizza Taco Triangles Oven fries, Veg (veggie/fruit/milk)</p>	<p>24 Mozzarella Sticks w/sauce , brown rice Or French Toast Sticks, turkey sausage links Veg & Salad</p>	
<p>FRUITS & VEGETABLES: An assortment of fresh & canned fruit and at least one hot vegetable is offered daily.</p>	<p>27 Chicken Nuggets w/mashed potatoes, bun Or Meatloaf w/mashed potatoes Gravy Veg (veggie/fruit/milk)</p>	<p>28 Ham & Cheese Melt on a Croissant Or Spicy Chicken Sandwich , L&T, Oven Fries, veg (veggie/fruit/milk)</p>			<p>A COMPLETE MEAL? A complete meal includes a choice of: milk, choice of fruits & veggies daily (including fresh, local & canned in juice); choice of protein rich entrées & whole grain enriched breads or pasta. Students are encouraged to select 5 components however; they may take 3, 4 or 5 parts. Three components are necessary and it is required that a student include either a serving of fruit or vegetable on their tray to be charged for a complete meal.</p>	