

# GALVIN MIDDLE SCHOOL

## January 2010



**DAILY CHOICES \$2.25**

Featured Lunch  
 Chef's Salad w/ Pita Bread

Bagel & Cream Cheese W/ Crackers & Cheese

**Chicken Caesar Salad \$2.50**

w/ Pita Bread

**Grab & GO LUNCH \$2.25**

French Bread Pizza Wedge Pizza


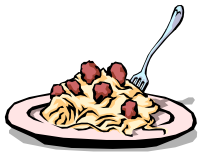

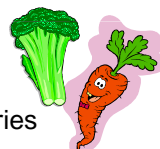

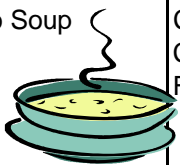



Hamburger / Cheeseburger

Chicken Nuggets Subs

(Includes Oven Baked Fries, Fruit & Milk)



**ALL LUNCHES INCLUDE MILK AND CHOICE OF JUICE, FRUIT AND /OR VEGETABLE**

Monday	1/4	TUESDAY	1/5	THURSDAY	1/6	THURSDAY	1/7	FRIDAY	1/8
BBQ Rib Sandwich Potato Puffs Vegetarian Baked Beans Pears Fresh Fruit 		Pasta and Meatballs Seasoned Green Beans Garden Salad Garlic Bread Peaches Fresh Fruit 		<b>WRAPS</b> Buffalo Chicken Wrap or Chicken and Cheese Quesadilla Lettuce and Tomato Sweet Green Peas Steamed White Rice Fresh Fruit/Pears 		<b>Deli Day</b> Turkey Roast Beef Ham or Tuna Assorted Breads Lettuce Tomato Cheese Chips Pickles Pasta Salad Cinnamon Applesauce Fresh Fruit		Canton's Own Pizza Cheese or Pepperoni or Baked Cheese Ravioli/Roll Veggie Sticks Applesauce Fresh Fruit Dried Cranberries 	
Monday	1/11	TUESDAY	1/12	WEDNESDAY	1/13	THURSDAY	1/14	FRIDAY	1/15
Chicken Parmesan Whole Wheat Pasta and Sauce Garden Salad Peaches Fresh Apple 		Soup and Sandwich Bagel w/Ham Egg and Cheese or Grilled Cheese Sandwich and Chicken or Tomato Soup Veggie Sticks 		<b>Nacho Plate</b> or Soft Tacos Lettuce Tomato Cheese Salsa Corn Cinnamon Apples Fresh Fruit 		<b>Burger Bar</b> Hamburger/Cheeseburger Oven Baked Fries Onion Rings Lettuce and Tomato Assorted Toppings Fresh Fruit Pears Pudding 		Homemade Calzones or Baked Cheese Ravioli/Roll Garden Salad Trail Mix Cinnamon Applesauce Fresh Fruit 	

QUESTIONS AND COMMENTS ARE WELCOME. PLEASE CALL MARTHA LAWLESS AT 781-821-5073



Pay for your child's lunch on Line  
 go to the Food Service Department at:

[www.cantonma.org](http://www.cantonma.org)

# GALVIN MIDDLE SCHOOL

## January 2010



**DAILY CHOICES \$2.25**

Featured Lunch  
 Chef's Salad w/ Pita Bread  
 Bagel & Cream Cheese W/ Crackers & Cheese












**Chicken Caesar Salad \$2.50**

w/ Pita Bread

**Grab & GO LUNCH \$2.25**

French Bread Pizza Wedge Pizza  
 Hamburger / Cheeseburger  
 Chicken Nuggets Subs  
 (Includes Oven Baked Fries, Fruit & Milk)

*ALL LUNCHES INCLUDE MILK AND CHOICE OF FRUIT AND /OR VEGETABLE*

MONDAY	1/18	TUESDAY	1/19	WEDNESDAY	1/20	THURSDAY	1/21	FRIDAY	1/22
<b>MARTIN LUTHER KING DAY</b> <b>NO SCHOOL</b> 		Pasta and Meatballs Seasoned Green Beans Garden Salad Whole Grain Dinner Roll Smart Balance Peaches Fresh Fruit 		<b>WRAPS</b> Buffalo Chicken Wrap or Chicken and Cheese Quesadilla Lettuce and Tomato Sweet Green Peas Steamed White Rice Fresh Fruit 		<b>The Gobbler</b> Roast Turkey- Crusty Roll Stuffing Cranberry Sauce Mashed Potatoes/Gravy Peas and Carrots Cinnamon Applesauce		Deep Dish Pizza or Baked Cheese Lasagna Veggie Sticks Mixed Fruit Pears Fresh Fruit Apple Crisp 	
<b>MONDAY</b> Mozzarella Sticks Whole Wheat Pasta/Sauce Sweet Green Peas Scali Bread Smart Balance Mixed Fruit Fresh Fruit Trail Mix 	1/25	<b>TUESDAY</b> <b>Burger Bar</b> Hamburger/Cheeseburger Oven Baked Fries Onion Rings Lettuce and Tomato Assorted Toppings Fresh Fruit Pears Graham Crackers 	1/26	<b>WEDNESDAY</b> Grilled Chicken Caesar Salad Brown Rice Pilaf Sweet Corn Pita Bread Pears Fresh Fruit Pudding 	1/27	<b>THURSDAY</b> <b>Spicy Chicken Sandwich or Ham and Cheese Bagel</b> Potato Puffs Veggie Sticks Apple Crisp Fresh Fruit 	1/28	<b>FRIDAY</b> Homemade Pizza or Ham and Cheese Croissant Garden Salad Strawberries Graham Crackers Fresh Fruit 	1/29

QUESTIONS AND COMMENTS ARE WELCOME. PLEASE CALL MARTHA LAWLESS AT 781-821-5073