

Galvin Middle School

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

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

MONDAY	9/6	TUESDAY	9/7	WEDNESDAY	9/8	THURSDAY	9/9	FRIDAY	9/10	
Labor Day No School		Grilled Chicken Caesar Salad Brown Rice Pilaf Sweet Corn Pita Bread Peaches Fresh Fruit Pudding 		French Bread Pizza Vegetable Sticks Veggie Sticks/Hommus Dip Blueberry Pie Crisp Fresh Fruit		Rosh Hashanah No School		Rosh Hashanah No School		
MONDAY	9/13	TUESDAY	9/14	WEDNESDAY	9/15	THURSDAY	9/16	FRIDAY	9/17	
Chicken Parmesan Sandwich Baked Potato Wedges Garden Salad Pears Fresh Fruit		Philly Steak and Cheese Sub Peppers Onions Mushrooms or Ham and Cheese Bagel Pasta Salad Peaches Fresh Fruit 		Wraps		Pasta and Meat sauce Seasoned Green Beans Garden Salad Scali Bread/Smart Balance Peaches Fresh Fruit 		Homemade Pizza		Homemade Fresh Baked Cheese or Pepperoni or Baked Cheese Ravioli/Roll Veggie Sticks Cranberry Chocolate Walnut Trail Mix Fresh Fruit 



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go to www.cantonma.org for information

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MONDAY	9/20	TUESDAY	9/21	WEDNESDAY	9/22	THURSDAY	9/23	FRIDAY	9/24
Mozzarella Sticks / Sauce Whole Wheat Rotini Sweet Green Peas Garlic Bread Peaches Fresh Fruit Trail Mix		Spicy Chicken Sandwich or Ham and Cheese Croissant Baked Potato Wedges Veggie Sticks-Hummus Dip Mixed Fruit Fresh Fruit		Grilled Chicken Caesar Salad Brown Rice Pilaf Sweet Corn Pita Bread Pears Fresh Fruit Pudding		Nacho Plate Nacho Plate Seasoned Beef Nacho Cheese Sauce Lettuce Tomato Salsa Corn Cinnamon Applesauce Fresh Fruit		Homemade Pizza Cheese or BBQ Chicken or Grilled Cheese Sandwich Garden Salad Peaches Fresh Fruit Apple Crisp	
									
MONDAY	9/27	TUESDAY	9/28	WEDNESDAY	9/29	THURSDAY	9/30	FRIDAY	10/1
Pasta and Meatballs Seasoned Green Beans Garden Salad Whole Wheat Dinner Roll/Smart Balance Peaches Fresh Fruit		Hamburger or Cheeseburger Lettuce and Tomato Pickles Onions Sauce Baked Potato Wedges Veggie Sticks Pears Fresh Fruit		Deli Day Turkey Roast Beef Ham Tuna Assorted Breads and Wraps Lettuce Tomato Cheese Pickles Cape Cod Chips (reduced Fat) Cinnamon Applesauce Fresh Fruit Graham Crackers		BBQ Rib Sandwich or Ham and Cheese Bagel Baked Beans Corn Cinnamon Applesauce Fresh Fruit Graham Crackers		