

SEPTEMBER 2010 ADAMS MIDDLE SCHOOL BREAKFAST AND LUNCH MENU

BREAKFAST - \$1.15

LUNCH WITH MILK - \$2.50

MILK ONLY - 0.50

MILK, 100% JUICE, AND FRUIT ARE SERVED WITH ALL MEALS.

BREAKFAST BEGINNING ON SEPTEMBER 7, 2010

BREAKFAST EVERY MONDAY		BREAKFAST EVERY TUESDAY		BREAKFAST EVERY WEDNESDAY		BREAKFAST EVERY THURSDAY		BREAKFAST EVERY FRIDAY	
CEREAL YOGURT FRUIT / JUICE		BAGEL CHEESE STICK FRUIT / JUICE		MUFFIN YOGURT FRUIT / JUICE		MANAGER'S CHOICE		CEREAL YOGURT FRUIT / JUICE	
MONDAY		TUESDAY		WEDNESDAY	9/1	THURSDAY	9/2	FRIDAY	9/3
<h1 style="color: red; font-size: 2em; margin: 0;">WELCOME BACK</h1> BREAKFAST BEGINNING ON 9/7						1/2 DAY NO FOOD SERVICE		1/2 DAY NO FOOD SERVICE	
MONDAY	9/6	TUESDAY	9/7	WEDNESDAY	9/8	THURSDAY	9/9	FRIDAY	9/10
LABOR DAY NO SCHOOL		TUNA SUB POTATO CHIPS FRESH FRUIT JUICE		PLAIN OR SPICY CHICKEN PATTY ON A BUN LETTUCE AND TOMATO VEGGIE TRAY FRESH FRUIT / JUICE		MACARONI N CHEESE CARROTS DINNER ROLL FRESH FRUIT JUICE		ADAM'S OWN PIZZA CHEESE OR PEPPERONI CUCUMBER WHEELS DIP FRESH FRUIT / JUICE	
MONDAY	9/13	TUESDAY	9/14	WEDNESDAY	9/15	THURSDAY	9/16	FRIDAY	9/17
GRILLED CHEESE SANDWICH SPICY POTATO WEDGES FRESH FRUIT JUICE		HAMBURGER OR CHEESEBURGER LETTUCE & TOMATO PASTA SALAD FRESH FRUIT JUICE		RIB-A-QUES ON A BUN SPIRAL FRIES FRESH FRUIT JUICE JELLO		PASTA WITH MEAT SAUCE SAVORY GREEN BEANS FRENCH BREAD FRESH FRUIT JUICE		ADAM'S OWN PIZZA CHEESE OR PEPPERONI CUCUMBER WHEELS DIP FRESH FRUIT / JUICE	
MONDAY	9/20	TUESDAY	9/21	WEDNESDAY	9/22	THURSDAY	9/23	FRIDAY	9/24
ALL BEEF HOT DOG ON BUN BAKED BEANS FRESH FRUIT JUICE		NACHOS WITH SEASONED HAMBURGER & CHEESE SAUCE BUTTERED CORN FRESH FRUIT JUICE		CHICKEN CAESAR SALAD WRAP FRESH FRUIT JUICE		DELI DAY TURKEY OR ROAST BEEF ON BULKIE LETTUCE AND TOMATO PASTA SALAD FRESH FRUIT / JUICE		ADAM'S OWN PIZZA CHEESE PIZZA TOSSED SALAD DRESSING FRESH FRUIT / JUICE	
MONDAY	9/27	TUESDAY	9/28	WEDNESDAY	9/29	THURSDAY	9/30	FRIDAY	10/1
CHICKEN NUGGETS DIPPING SAUCE FRENCH FRIES FRESH FRUIT JUICE		WARM HAM & CHEESE WRAP HASH BROWN PATTY FRESH FRUIT JUICE		PANCAKES SAUSAGE SYRUP APPLESAUCE JUICE		STEAK & CHEESE SUB MUSHROOMS, PEPPERS, ONIONS FRESH FRUIT JUICE CHOCOLATE CHIP COOKIE		ADAM'S OWN PIZZA CHEESE PIZZA FRESH VEGGIES FRESH FRUIT JUICE	

YOU MAY PREPAY FOR YOUR CHILD'S BREAKFAST AND LUNCH.
SEND IN A CHECK WITH YOUR CHILD'S FULL NAME,
AND GRADE RECORDED ON THE MEMO LINE.
MADE OUT TO WEYMOUTH PUBLIC SCHOOLS
OR GO TO WWW.MEALPAYPLUS.COM



OUR MEALS ARE PLANNED TO COMPLY WITH THE
"USDA RECOMMENDED GUIDELINES".
EACH CHILD MUST TAKE A MINIMUM OF THREE
FOOD GROUPS TO CONSTITUTE A MEAL.
* menu subject to change without notice

QUESTIONS AND COMMENTS ARE WELCOME - CONTACT DAVID ZEOLI 781-337-8430
EMAIL ADDRESS: DAVID.ZEOLI@WEYMOUTHSCHOOLS.ORG