

# JUNE

# **PYNE & BARTLETT** Middle Schools **Lunch Menu**

# All kids 18 and under eat at no cost!

\*All sandwiches, wraps & subs are whole grain

Served Daily: Fresh Fruit, 1% Milk and Sunbutter and Jelly Sandwich LG = Locally Grown! V = Vegetarian!

Food & Nutrition Office: 978-674-2049

Instagram: lpsdfoodandnutrition Facebook:LPSD-Food & Nutrition

Vegetarian Items available daily. \*Menus are subject to change and will be posted when available

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# MONDAY

## **TUESDAY**

## **WEDNESDAY**

-Shepherd's Pie with Dinner Roll

-Chicken Tender with a Dinner Roll

-Chef Salad with Flat Bread LG

-Ham and Cheese Sandwich

-Cucumbers and Carrots, Bananas

and Apples

-Crispy Orange Chicken with Broccoli over Rice

**THURSDAY** 

-Cheeseburger

-Pizza Platter

-Chicken Caesar Wrap

-Green Beans and Broccoli, Pears and Fresh Fruit Cup

### 3

-Cheese Pizza

-Chicken Ranch Salad with Flat Bread LG

**FRIDAY** 

-Ham and Cheese Sandwich

-Red Pepper Strips and Side Salad Apples and Bananas

-French Toast Stick and Chicken Sausage with Maple Syrup

-Cheeseburger

-Greek Salad with Chicken and Flat Bread LG

-Tuna Salad Sandwich on a Bulkie Roll

-Maple Carrots and Green Bean -Apple and Pears

-Beef Tacos

-Crispy Chicken Sandwich

-Yogurt and Fruit Power Pack V

-Turkey and Cheese Sandwich

-Kickin Beans and Side Salad Oranges and Apples

#### 8

-Country Popcorn Chicken Bowl with Dinner Roll

-Pizza Crunchers

-Mediterranean Hummus Salad with Flat Bread LG V -Tuna Salad Sandwich on a Bulkie

Roll -Cucumber and Carrots Bananas and Apples

- Szechwan Chicken with Brown

-Chicken Tenders and Dinner Roll

-Fruit and Yogurt Power Pack V

- Turkey and Cheese Sandwich

-Green Bean and Broccoli Pears and Fresh Fruit Cup

### 10

-Cheese Pizza

- Greek Salad with Chicken and Flat Bread LG

-Tuna Salad Sandwich on a Bulkie

-Red Pepper Strips and Side Salad Bananas and Apples

### 13

-Chicken and Waffle Sandwich with Maple Syrup

-Cheeseburger

-Mediterranean Hummus Salad with Flat Bread LG V

-Italian Sub

-Maple Carrots and Tater Tots Apples and Pears

### 14

-Beef Fajita Bowl

-Crispy Chicken Sandwich

-Bagel Power Pack V

-Ham and Cheese Sandwich

-Kickin Beans and Side Salad Oranges and Strawberries

### 15

-Mac and Cheese

-Chicken Tenders with Dinner Roll

-Chef Salad with Flat Bread LG

-Italian Sub

-Cucumber and Cole Slaw Bananas and Apples

### 16

-Chili Popcorn Chicken Lo Mein

-Meatball Sub

-HOTM: Chocolate Strawberry Platter V

-Ham and Cheese Sandwich

Strawberries and Fresh Fruit Cup

## 17

-Cheese Pizza

-Mediterranean Hummus Salad with Flat Bread LG V

Bananas and Apples

# Juneteenth Day **NO SCHOOL**

### 21

-Turkey and Cheese Sandwich

-Broccoli and Carrots, Apples and Pears

-Green Beans & Broccoli.

#### 20

#### -Pizza Cruncher

SUMMER BREAK STARTS AT END OF DAY

-Italian Sub

-Cucumber and Carrots