



WALTHAM SECONDARY LUNCH MENU

January 2012

Lunch is \$2.25, Reduced \$0.40 Breakfast is \$1.00, Reduced \$0.30



All lunches include choice of milk and choice of fruit.

Alternate lunches are available daily and milk is available a la carte.

Menu is subject to change. Please try to pre-pay for your lunch by the week or month.

The Vegetable of the Month is Root Vegetables



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Rib-B-Que Sandwich on a Wheat Bun Corn Cobbette Warm Spiced Apple Slices	4 Lasagna with Marinara Sauce Lemon Zest Broccoli Italian Bread Seasonal Fruit Selection	5 Chicken Chop Suey Vegetable Fried Rice Pineapple Chunks	6 100% Fruit Juice Steak & Cheese Sub <i>Roasted Root Vegetables</i> Seasonal Fruit Selection
9 Chicken Parmesan over Spaghetti Wheat Breadstick <i>Green Beans</i> Fresh Apple	10 <i>Pasta Fagioli Soup</i> Toasted Cheese Sandwich on Wheat Bread Broccoli Bites Chilled Fruit Cup	11 Chicken Pot Pie Mashed Potato Topping Seasonal Fruit Selection	12 Beef Chili Over Baked Potato <i>Carrot Coins</i> Fruit Selection	13 Black Bean Soup Cuban Sandwich Fruit Selection
16 <i>Martin Luther King Jr. Day</i> 	17 100% Fruit Juice Macaroni & Cheese <i>Green Beans</i> Wheat Roll Diced Peaches	18 Nachos or Tacos Seasoned Meat Salsa, Cheese, Lettuce & Tomato Mexican Corn Fruit Selection	19 Orange Juice Egg McWaltham on a Wheat English Muffin Potato Wedges Orange Smiles	20 <i>Calzone</i> Leafy Green Salad Fruit Selection
23 Pasta with Meat Sauce <i>Roasted Carrots & Parsnips</i> Italian Bread Strawberry Cup	24 Chicken Chipotle Sandwich Cowboy Salad Fruit Selection	25 Stuffed Shells Leafy Green Salad Italian Bread Fruit Selection	26 Beef Stew Loaded with Veggies & Potatoes Wheat Breadstick Petite Banana	27 Filet of Fish Sandwich on a Wheat Bun Potato Wedges <i>Carrot & Raisin Salad</i> Seasonal Fruit Selection

Hot breakfast is available daily in all schools.

www.walthampublicschools.org/food

FREE & REDUCED APPLICATIONS - Applications are available in English and Spanish on our website and can be submitted by fax to: 781-314-5496

FOOD SERVICE SUBSTITUTES - If you are interested in working as a Food Service Substitute please apply at the Personnel Department located at Government Center, 119 School Street, Waltham, MA 02452 781-314-3355