

Waltham Middle School Menu



Waltham School Nutrition
Feeding Hungry Minds



Meal Pricing
Lunch Full Price \$2.25 Breakfast Full Price \$1.00
Lunch Reduced \$.40 Breakfast Reduced \$.40

Pre-Pay Online
Myschoolbucks.com

Pay by cash or check (WPS Food Service) at school



Breakfast Served Daily!

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FOLLOW US AT: Find us on Facebook Follow us on Instagram Follow us on Twitter</p>	<p>We accept Applications all school year. Please apply online at: Apply Online! Free & Reduced Meal Benefits 24/7 www.heartlandapps.com</p>	<p> Mass Audubon Drumlin Farm Wildlife Sanctuary</p>	<p>Happy Valentine's Day </p>	<p>1 Baked to Perfection Chicken Parmesan Tomato Basil Pasta Lemon Herb Green Beans Twisted Garlic Bread Assorted Fruit Cups Fresh Fruit Variety</p>
<p>4 Wings of Fire Buffalo Wings of Fire Spicy Curly Fries Honey Wheat Roll Carrots & Celery Sticks Side of Sauce Dippers Fresh Fruit Variety</p>	<p>5 Pizza Pizza Party! Flat Bread Pizza Cheese ~ Pepperoni Veggie and more! Garden Side Salad Tropical Fruit Salad Fresh Fruit Variety</p>	<p>6 Chicken Dinner Roasted Chicken Creamy Mashed Potatoes Sweet Corn & Carrots Buttermilk Biscuit Assorted Fruit Cups Fresh Fruit Variety</p>	<p>7 The North End Alfredo Chicken & Broccoli Pasta Fresh Caesar Salad Fantini Italian Bread Assorted Fruit Cups Fresh Fruit Variety</p>	<p>8 Red Dragon Bowl General Tso Chicken Asian Stir Fried Rice Sesame Vegetables Assorted Fruit Cups Fresh Fruit Variety *Fortune Cookie*</p>
<p>11 Dip IT Up! Mozzarella Sticks Side of Marinara Sauce Sweet Golden Corn Chop Chop House Salad Assorted Fruit Cups Fresh Fruit Variety</p>	<p>12 Fiesta Mexicana Beefy Tex-Mex Nachos with all the topping's Cilantro Lime Rice Lettuce, Tomato, Cheese Salsa & Sour Cream Fresh Fruit Variety</p>	<p>13 The Big Grill Assorted Variety of Grilled Cheese Panini's Crinkle Cut French Fries Razzle Dazzle Smoothies Assorted Fruit cups Fresh Fruit Variety</p>	<p>14 Turkey TIME!!!! Roasted Turkey Dinner Mashed Potatoes & Gravy, Garlic Herb Butternut Squash Honey Wheat Roll xo Very Berry Trifle xo</p>	<p>15 Breakfast all DAY Maple French Toast Cheesy Scrambled Eggs Sausage & Hash Browns Tropical Fruit Salad Assorted Fruit Cups Fresh Fruit Variety</p>
<p>Winter Break</p>				
<p>25 Little Italy Zesty Baked Ziti Garden Peas & Carrots Fresh Caesar Salad Garlic Parmesan Bread Assorted Fruit Cups Fresh Fruit Variety</p>	<p>26 Nacho el Grande Mexi- Nachos or Burrito with all the topping's Spanish Rice & Beans Lettuce, Tomato, Cheese Salsa & Sour Cream Fresh Fruit Variety</p>	<p>27 Chicken & Waffles Crispy Chicken Tenders Cinnamon Spiced Waffles Sweet Strawberry Sauce Mini Hash Brown Bites Tropical Fruit Salad Fresh Fruit Variety</p>	<p>28 Sidewinder Bowl Shredded Pork Carnitas Sidewinder Fries Cheese Sweet Golden Corn Whole Grain Roll Fresh Fruit Variety Assorted Fruit Cups</p>	<p>1 Everyone's Favorite Macaroni & Cheese Lemon Zest Broccoli Sweet & Salty Cornbread Assorted Fruit Cups Fresh Fruit Variety *M&M Sugar Cookie*</p>

ENTREES & SIDES AVAILABLE DAILY

Hot off the Grill: Crispy Chicken Sandwich, Cheeseburger, Hot Dog or Specialty Sub served with Crispy French Fries
Pizza By the Slice: Cheese, Pepperoni, Specialty Slices & Calzones served with Fresh Garden Side Salad
Grab-N-Go Entrées: Variety of Cold Sandwiches, Entrée Salads, Yogurt Parfaits and Smoothie Meals

Sides: Choice of Assorted Cupped Fruit, Fresh Fruit Variety, Baby Carrots, Veggie Dippers
 Raisins, 100% Juice and Milk Variety ~Menu subject to change ~ Equal Opportunity Provider~