












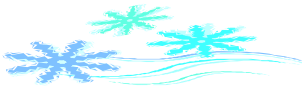








# Newburyport Molin & Middle School

February 2012

If you have any questions, please call Chartwell's Schools Dining Services at 978-465-4460

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>"Simply Good"</b> Delicious Complete Meals are Offered Every Day!</p> <p><b>Additional Daily Selections</b></p> <p><b>Traitoria</b></p> <p><b>Monday</b> Pepperoni Pizza Citrus Bean Salad Chilled Mixed Fruit</p> <p><b>Tuesday</b> BBQ Chicken Pizza Veggie Pasta Salad Orange Wedges</p> <p><b>Wednesday</b> Cheeseburger Pizza Classic Caesar Salad Petite Banana</p> <p><b>Thursday</b> Hawaiian Pizza Carrot &amp; Pineapple Salad Cinnamon Applesauce</p> <p><b>Friday</b> Sausage &amp; Pepper Pizza Tossed Garden Salad Cranberry Pear Salad</p> <p><b>OutTakes</b> Pre-Packaged Bagel Lunch Bagel, Low-Fat Yogurt, Cheese or Soy Butter (With choice of fruit Vegetable and milk)</p> <p><b>Whole Grain Symbol</b></p>	<p><b>Monday</b></p> <p><i>Look for our February Food Focus, Low-Fat Yogurt.</i></p> <p><i>Low - fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and healthy teeth.</i></p>	<p><b>Tuesday</b></p> <p>Assorted Homemade Calzones Veggie Pasta Salad Diced Pears</p>	<p><b>Wednesday</b></p> <p>1  Creamy Macaroni &amp; Cheese Asian Spinach Salad Baked Pretzel  Orange Wedges</p>	<p><b>Thursday</b></p> <p>2 Early Release No Lunch</p>	<p><b>Friday</b></p> <p>3  Taco Pie Breadstick Mexican Corn Fresh Apple</p>	
	Weekly alternates for week of February 1 <sup>st</sup>		<b>Outtakes:</b>  Tuna Salad Wrap • Chef's Salad Bowl			
	<p><b>Monday</b></p> <p>6  "Breakfast for Lunch" Pancakes Blueberry Topping Sausage Patty Potato Puffs Cinnamon Apple Sauce</p>	<p><b>Tuesday</b></p> <p>7 Assorted Homemade Calzones Veggie Pasta Salad Diced Pears</p>	<p><b>Wednesday</b></p> <p>8  <b>Pasta Bowl</b> Italia Meat Sauce Caesar Salad Garlic Bread</p>	<p><b>Thursday</b></p> <p>9  Oven Baked Apple Cranberry Chicken Cornbread Stuffing Mashed Potatoes Sweet Peas</p>	<p><b>Friday</b></p> <p>10 <b>Super Italian Sub</b> On a Roll Lettuce, Tomatoes Cheese &amp; Baked Fries Fresh Apple</p>	
	Weekly alternates for week of February 6 <sup>th</sup>		<b>Outtakes:</b> Chicken Caesar Wrap •  Wild Greens Antipasto Salad Bowl			
	<p><b>Monday</b></p> <p>13  Sloppy Joe Slyders On a roll Baked Potato Wedges Peas &amp; Carrots</p>	<p><b>Tuesday</b></p> <p>14 <i>Happy Valentine's Day!</i> Chicken Finger Basket, Dipping Sauce Sweet Potato Fries Creamy Cole Slaw Dinner Roll  <i>Cupid's Cake!</i></p>	<p><b>Wednesday</b></p> <p>15 Turkey Broccoli Alfredo Breadstick  Orange Wedges</p>	<p><b>Thursday</b></p> <p>16  Macho Nachos With Seasoned Beef Cheese, Salsa Fiesta Rice &amp; Corn Chilled Mixed Fruit</p>	<p><b>Friday</b></p> <p>17 Chicken Parmesan Wrap Seasoned Corn Fresh Apple</p>	
	Weekly alternates for week February 13 <sup>th</sup>		<b>Outtakes:</b>  Buffalo Chicken Wrap • Greek Salad Bowl			
	<p><b>Winter Break...</b></p> <p><b>Have Fun!</b></p> 					
	<p><b>Monday</b></p> <p>27 Toasted Cheese Sandwich On Italian Bread Creamy Tomato Soup</p>	<p><b>Tuesday</b></p> <p>28  Chicken Nuggets  Potato Wedges Mixed Vegetables Apple Muffin Squares Fruit Cup</p>	<p><b>Wednesday</b></p> <p>29  Baked Rigatoni Topped with Cheese Herbed Broccoli Bread Stick </p>	<p><b>Thursday</b></p> <p>1 Early Release No Lunch</p>	<p><b>Friday</b></p> <p>2 Chicken &amp; Cheese Quesadilla Fiesta Rice Mexican Corn Banana</p>	
	Weekly alternates for week of February 27 <sup>th</sup>		<b>Outtakes:</b> Italian Sub •  Chicken Caesar Salad Bowl			

 **Our Award-Winning Chartwells Balanced Choices® Meal Program** highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in cafeteria to help you select a Balanced Choices Meal! ALL our offerings contain ZERO GRAMS OF TRANS FATS per serving.

**Meals are offered w/choice of entrée, unlimited servings of fruit & vegetable sides and choice of skim white, low fat white or low fat flavored milk.**



**Daily offerings:** Homemade cheese and special pizza offered with tossed salad or vegetable

**Daily offerings:** Hamburger, Cheeseburger, Veggie burger or Chicken patty on a bun offered with tossed salad or vegetable

**Daily offerings:** Assorted pre-packaged sandwich w/ side salad and salad combination meals with roll

**Student Lunch price: \$2.75 • Reduced meal price: \$0.40 • Milk price: \$0.60 • Adult Lunch price: \$3.50**

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.