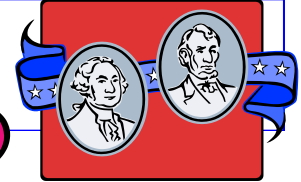


# February 2015



Daily Milk Offerings: Skim, 1% White, Fat Free Chocolate and Lactaid 1%

Student Lunch: \$3.00 and \$3.25  
Dessert: \$.45 a la Carte Milk: \$.60

Before Placing Your Order, Please Inform Your Server If You Have a Food Allergy



Mon



Tue

Wed



Thu



Fri

February 2-6

*International Foods Week - Experience a Different Culture and Cuisine Every Day*

2 Mexico

Chicken Fajitas with Peppers, Onions and All The Fixings, Roasted Sweet Potatoes with Cumin, Chilled Fruit and Milk

3 China

Asian Sweet & Sour Popcorn Chicken with Steamed Rice and Vegetable Eggroll, Taste Test Tuesday: Asian Slaw Fruit and Milk

4

Early Release Professional Development  
No Lunch Served

5 France

Chicken Cordon Bleu (chicken patty topped with ham and cheese) on a Flaky Croissant, Crispy Oven French Fries, Haricots Verts (Green Beans), Fruit and Milk

6 Italy

Big Daddy Pizza with Assorted Toppings, Antipasto Salad, Fruit and Milk

**EXTRA \$\$\$\$**

Consider being a Food Service Substitute

Join our Sub List  
Max 4 Hours/Day

For More Information  
Please Call 978-399-2741 or 2740

**FRUIT OFFERED EVERY DAY!**  
All Schools serve a daily variety of fruits (local seasonal when available, fresh or canned in extra lite, lite syrup or natural juice)

9 BBQ Pork Rib-B-Ques on ww Sub Roll, Seasoned Spiral Fries, Baked Beans, Fruit and Milk

10 Meatball Parmesan Hero on ww Sub Roll, Sweet Potato Fries, Taste Test Tuesday: Tomato and Dill Couscous, Fruit and Milk

11 Chicken Tetrazzini made with ww Spaghetti, Steamed Parmesan Spinach, Fruit and Milk

12 Heart Shaped Chicken Nuggets, Sweet Potato Fries, Chopped Vegetable Salad with Beets and Feta, Fruit and Milk

13 Sal's Pizza

Spinach salad with Bacon and Egg, Fruit and Milk

*Chocolate Free Milk Mondays*

Chocolate Milk will only be served Tuesday-Friday in our efforts to reduce amounts of sugar offered to students

*Check out Taste Test Tuesdays: a fun way to introduce new food items to students*

16

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*February Vacation*

Menus are posted weekly on the Food Service Department website:  
[www.westfordk12.us](http://www.westfordk12.us)  
Limited copies are available in the front office of each school.

23 Manager's Choice

24 Grey Ghost Burger or Veggie Burger, with or without Cheese, Special Sauce, Crispy Oven Fries, Taste Test Tuesday: Carrot and Raisin Salad, Fruit and Milk

25 Bacon Buffalo Chicken Sub with Ranch Dressing, Shredded Cheese, Sweet Potato Puffs, Green Beans, Garden Salad, Fruit and Milk

26 Cheesy, Beefy Nachos, Salsa, Sour Cream and Chopped Lettuce, Steamed Brown Rice, Refried Beans, Mexicali Corn, Fruit and Milk

27 Cheese or Chicken Quesadilla Pizza Caesar Salad, Fruit and Milk

Code for Menued Items:

- = ground beef
- + = vegetarian
- ^ = ground turkey
- ` = turkey product
- # = pork product
- \*\* = whole grain product
- ww = whole wheat bread
- RF = reduced fat
- RS = reduced sodium

*All of our Kitchens are Tree Nut, Peanut and Seed Free. Allergen warnings are posted daily.*

On Rare Occasions Menu Changes are Made Without Notice Due to Circumstances Beyond Our Control