



# Robinson Elementary

## September 2019



*Harvest of the Month* promotes a different locally grown crop each month in school cafeterias throughout the state. With help from the Massachusetts Farm to School Project our school cafeteria will include locally grown produce on our menus throughout the school year.

**September's crop of the month is Tomatoes** which will be featured in special recipes for the students to try.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Alternative Lunches:</b>				
<b>Monday: French Bread Pizza</b> <b>Tuesday: Chicken Nuggets w/ Dinner Roll</b> <b>Wednesday: WG Bagel Lunch w/Cheese Stick, Yogurt</b> <b>Thursday: Tossed Salad w/Popcorn Chicken &amp; Breadstick</b> <b>or Tossed Salad w/ Yogurt, Cheese &amp; Breadstick</b> <b>Friday: Kayem Lite Hot Dog on WW Roll</b>		4	5	6
		Assorted Breakfast Cereals, Pastries, Toast, Yogurt, Fruit	Assorted Breakfast Cereals, Pastries, Toast, Yogurt, Fruit	Assorted Breakfast Cereals, Pastries, Toast, Yogurt, Fruit
		Chicken Nuggets Dinner Roll Rice Krispy Treat	Hamburger or Cheeseburger on a Bun w/ Lettuce, Tomato & Pickles	<b>Pizza</b> Cheese, Turkey Pepperoni, or Veggie Topped Pizza
<b>Available Daily: Sunbutter Sandwich With or Without Jelly.</b> <i>Offered with Fruit, Vegetable &amp; Milk ... \$2.75 (sunbutter is a "peanut free" alternative to peanut butter and is made from roasted sunflower seeds.)</i>		Smile Potato Rounds Cucumber Rounds w/ LF Dip	Crinkle Fries Baby Carrots w/ Ranch Dip	Mixed Veggies Assorted Veggies w/ Dip
Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
Waffles with Warm Syrup  <i>*Hot Breakfast Starts Today*</i>	Scrambled Eggs WW Toast	Cinnamon Sugar Breakfast Rings	Fruit & Yogurt Parfait	French Toast Sticks w/ Syrup
Maple French Toast Sticks Warm Syrup Cup Jones Lite Sausage  Tater Tots Cucumber Rounds w/ LF Dip	<b>Italian Sampler</b> Cheese Ravioli, Mini Meatballs Garlic Breadstick  Steamed Broccoli Baby Carrots w/ Ranch Dip	Crispy Chicken Tenders w/ Dipping Sauce Confetti Rice  Green Beans Red Pepper Strips w/ Hummus	Soft Beef Taco Taco Meat, Sour Cream Lettuce, Tomato & Cheese Fruit Churro  Corn Veggie Sticks W/ Southwest Dip	<b>Pizza</b> Cheese, Turkey Pepperoni, or Veggie Topped Pizza  Mixed Veggies Assorted Veggies w/ Dip
Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
Egg McMansfield <i>Egg, Sausage &amp; Cheese</i>	Cheese Omelet Toast	Cinnamon Sugar Breakfast Rings	WG Mini Maple Pancakes Warm Syrup	Warm Biscuit w/ Honey Butter
Popcorn Chicken Smackers Dippin' Sauce Warm Mini Cornbread Loaf  Green Peas & Carrots Red Pepper Strips w/ LF Dip	<b>Breakfast at Lunch</b> Choice of Cereal, Warm Mini Muffin, Yogurt, Cheese Stick, Milk, Fruit  Smile Potatoes Sweet & Crunchy Poppers	<b>Nachos &amp; Nuggets</b> Chicken Nuggets Baked Tostito Scoops Nacho Cheese Sauce <b>Fresh Tomato Salsa</b>  Corn Broccoli Bites w/ LF Dip	Pasta w/ Meat Sauce or Butter Sauce Parmesan Cheese Garlic Breadstick  Green Beans Veggie Sticks w/ Hummus	<b>Pizza</b> Cheese, Turkey Pepperoni, or Veggie Topped Pizza  Mixed Veggies Assorted Veggies w/ Dip
Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
Waffles with Warm Syrup  <b>Munch Meal</b> Wheat Thins, Cheese Stick Turkey Pepperoni Slices Fruit & Milk Apple Slices  Potato Smiles Red Pepper Strips w/ LF Dip	Scrambled Eggs WW Toast  Hot Dog on a Roll Italian Ice Sidekick  Sweet Potato Fries Veggie Sticks & Hummus	Cinnamon Sugar Breakfast Rings  <b>Systemwide 1/2 Day No Lunches</b>  	Fruit & Yogurt Parfait  Mini Maple Pancakes w/ Syrup Jones Lite Sausage  Hash Brown Potato Patty Cinnamon & Sugar Poppers	French Toast Sticks w/ Syrup  <b>Pizza</b> Cheese, Turkey Pepperoni, or Veggie Topped Pizza  Side Salad Assorted Veggies w/ Dip
<b>All lunches include, Milk, Choice of Whole or Chilled Fruit, and Two Vegetable Choices.</b>			<b>WW = Whole Wheat</b>	<b>WG = Whole Grain</b>
<b>Breakfast</b> - Choose the hot breakfast or from an assortment of breakfast pastry, reduced sugar or low sugar cereals, toast, yogurt, and fruit / juice. All breakfasts come with milk.			<b>If your child has a food allergy, you must contact the nurse's office at least yearly or as the condition changes.</b>	

This institution is an equal opportunity provider

Breakfast: \$2.00 (reduced \$.30) includes milk, fruit.

Lunch: \$2.75 (reduced \$.40) includes milk/fruit.

Milk: \$.60 lowfat milk available daily.

Questions or suggestions-contact,  
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