


Longmeadow High School
Food Focus
Whole Grains
WARM UP WITH
FRESH HOT HOMEMADE SOUP
Celebrate Black History Month
Every Wednesday
Traditional African Recipes


eat learn live


Feb 6 – Feb 10
WE SERVE LOCAL PRODUCE WHEN AVAILABLE
Fresh Fruit and Vegetable Selection included with all meals


	Monday	6	Tuesday	7	Wednesday	8	Thursday	9	Friday	10
 Unique and highly Flavored dishes Served in a "bowl"	Greek Gyro Greek Salad with Feta Cheese Fresh Made Greek Cucumber Yogurt Sauce		Homemade Meatloaf Beef Gravy Mashed Potatoes Seasoned Peas and Carrots		Celebrate Black History Month Chicken Stew with Nigerian Jollof Rice Seasoned Collard Greens with Bacon Black-Eye Pea Salad Warm Peach Cobbler		Northern Italian Pasta Bowl Pasta Carbonara with Ham and Peas Caesar Salad		Ultimate Breakfast Sandwich Egg, Ham, Bacon and Cheese Croissant Seasoned Oven Wedges	


 Cheese & Pepperoni Pizza Made w/ Reduce Fat Cheese Fresh Baked Daily	<u>Today's Special</u> White Pizza Available Daily! Cheese Pizza 🌱 Pepperoni Pizza Salad Bar	<u>Today's Special</u> Veggie Pizza Available Daily! Cheese Pizza 🌱 Pepperoni Pizza Salad Bar	<u>Today's Special</u> Three Cheese Italian Calzone Available Daily! Cheese Pizza 🌱 Pepperoni Pizza Salad Bar	<u>Today's Special</u> Hawaiian Pizza Available Daily! Cheese Pizza 🌱 Pepperoni Pizza	<u>Today's Special</u> Cheeseburger Pizza Available Daily! Cheese Pizza 🌱 Pepperoni Pizza
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 **Hot Pressed Panini Sandwiches or Quesadillas Available Daily!**


 Burger w/ Cheese, Chicken Patty, Cluxs Deluxe & Oven Baked Fries	<u>Today's Special</u> Lancer Burger	<u>Today's Special</u> Alpine Swiss Burger With Mushrooms	<u>Today's Special</u> Lancer Burger	<u>Today's Special</u> Veggie Burger	<u>Today's Special</u> Lancer Burger
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 **Made to order sandwiches every day!**
 Choices include: Turkey, Ham, Salami Tuna Salad (Dolphin Safe, Light Tuna packed in water), Chicken Salad, Buffalo Chicken, American cheese, Provolone, Cheddar Cheese, & Veggies 🌱 Lettuce, Tomatoes, Cucumbers, Red Onions and Shredded Carrots; Choice of Breads, Rolls, Multigrain Breads and Wraps 🍷

 **Build your own Salad every day!** 🌱 Regionally grown when available
 Choices include: Romaine Lettuce Spinach, Iceberg Lettuce, Assorted Fresh Vegetables, Lean Protein Choices, Natural Cheese, Legumes 🌱, Dried Fruit Choice of Assorted Salad Dressings, Complete the meal with a Dinner Roll 🍷, Fresh Fruit Selection and Milk

 "Outtakes"
Daily Assorted Pre-packaged Salad and Sandwich Meals

 **Meat Free Option**  **Regionally Grown**
 🍷 This symbol represents a menu item which contains whole grains
Meals include entrée, choice of 1% white, skim, ½% chocolate milk (antibiotic and hormone-free), and unlimited fresh fruits and vegetables.
 🏆 The Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, nutrient-rich meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats.


 To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit.
Student Price \$2.75
Reduce Meal \$0.40
Adult Meal Price \$3.00


 Refreshing Low fat Milk Variety

