











Longmeadow
Middle School
We are proud to serve
Locally Grown produce
when available

eat
learn

Feb 6 –Feb 10th
FOOD FOCUS
Whole Grains and Wheat
Celebrate Black History Month

	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
 Unique and Highly Flavored Dishes	Pancakes Blueberry Topping Cheesy Scrambled Eggs Sausage Links	Double Taco Day Seasoned Taco Meat Hard or Soft Shell Taco Toppings Cilantro Lime Rice Salsa	Black History Celebration Oven Fried Chicken Baked Macaroni and Cheese Seasoned Collard Greens Black-Eyed Pea Salad Peach Cobbler w/ Biscuit	Popcorn Chicken Dipping Sauce Sweet Potato Wedges Seasoned Peas	Deli Super Sub Day Fresh Bakery Sub Roll Choice of deli meats, cheese and toppings Baked Chips
 Anything in or on a crust	Today's Special Hawaiian Pizza Available Daily! Cheese Pizza 🌱 Pepperoni Pizza	Today's Special Italian Calzone Available Daily! Cheese Pizza 🌱 Pepperoni Pizza	Today's Special White Pizza Available Daily! Cheese Pizza 🌱 Pepperoni Pizza	Today's Special Buffalo Chicken Personal Pizza Available Daily! Cheese Pizza 🌱 Pepperoni Pizza	Today's Special Ham and Cheese Flatbread Available Daily! Cheese Pizza 🌱 Pepperoni Pizza
 Hot grab and go Sandwiches	Hamburgers, Cheeseburgers, Chicken Sandwiches, Panini or Flatbread with Oven Baked Fries or Potato Puffs Available Daily 🌱				
 Weekly Specials!	Today's Special BLT Sandwich	Today's Special Chicken Parmesan Sandwich on Bulky Roll	Today's Special Cheeseburger Special with Lettuce and Tomato	Today's Special Grilled Cheese	Today's Special Filet of Fish Sandwich with Tarter sauce and Cold Slaw
 Fresh sandwiches every day!	<p>Choices include: Turkey, Ham, Tuna Salad (Dolphin Safe, Light Tuna packed in water), American, Provolone and Cheddar Cheese Vegetable 🌱 Choices: Lettuce, Tomatoes Cucumbers, and Red Onions Shredded Carrots & Fresh Breads, Rolls, and Wraps 🌱</p>				
 Daily Assorted Pre-packaged Salad and Sandwich Meals, Assorted Vegetarian Combo Meals 🌱 Featuring a Chartwells Balanced Choices® Meal Daily	<p>"Outtakes"</p> <p>MON Breaded Chicken Caesar TUES Garden Salad w/ Cheese WED Deli Chef Salad THUR Turkey Club Ham & Cheese Bulky FRI</p>				

 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 \$2.50
Reduce Meal \$0.40
Adult Meal Price \$3.00


 Refreshing cold beverages including low fat and skim milk, bottled water, and 100% juices.

