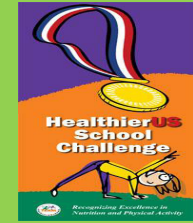




FWH Middle School

Our Menus Meet the Requirements of the HUSchool Challenge



January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
HAPPY NEW YEAR 2012	Whole Wheat Pasta Meat Balls & Marinara Garlic Bread Green Beans Fresh Apple	Double Hot Dog Cheese Sauce and Fries Onion Rings & Baked Beans Carrot Sticks Diced Peaches	Chicken Nuggets Tater Tots Sweet Peas Whole Wheat Dinner Roll Fresh Pear	Whole Wheat Pizza Cheese, Pepperoni & Buffalo Chicken Caesar Salad 100% Fruit Juice
9	10	11	12	13
Popcorn Chicken Potato Wedges W/W Dinner Roll Sweet Peas Fresh Apples	Macho Nacho Beef & Cheese, Rice, Lettuce, Salsa, Beans Corn and Bean Salad Diced Peaches	Breakfast for Lunch W/W Pancakes Eggs, Sausage Home Fries 100% Orange Juice	Stuffed Shells Marinara Sauce W/W Garlic Bread Steamed Carrots Strawberry Cup	PD Day No School
16	17	18	19	20
MLK Birthday No School	Chicken Fajita Onions, Peppers, Salsa, Lettuce Brown Rice & Beans Diced Peaches	Meatball Sandwich W/W Sub Sweet Potato Fries Fresh Apple	W/W Mac & Cheese Warm Pretzel Veggie Cup with Broccoli Apple Sauce	Calzones Cheese, Pepperoni Buffalo Chicken Caesar Salad Mixed Fruit
23	24	25	26	27
W/W Pasta & Meat Sauce Bread Stick Green Beans Spinach Salad Orange Smiles	Popcorn Chicken Mashed & Sweet Potato W/W Dinner Roll & Gravy Cranberry Sauce Diced Pears	Shepherd's Pie Mash Potato Beef Corn Fresh Apple	Burger Bar Cheese, Lettuce, Tomato Bacon, Pickles, Baked Beans Carrot Sticks, W/W Bun Diced Peaches	Individual Pizza Cheese, Pepperoni Veggie, BBQ Chicken Caesar Salad 100% Fruit Juice
30	31	Parents, If you want to check on what your child is eating for for lunch or the balance on their account- you must set up an account at www.mynutrikids.com Whether you pay cash or use the on-line pre-pay feature setting up an account will give you the info you want!		
Toasted Cheese W/W Bread Tomato Soup Carrot Sticks Diced Peaches	Taco Beef, Cheese, Salsa, Lettuce, Beans Brown Rice Banana			

Available Daily:

**Pizza
Hot Dog
Chicken Patty
Spicy Chicken Patty
Hamburger**

**Assorted Sandwiches
Fresh Entrée Salads**

Menu subject to change without notice

All meals served with a choice of Milk, Fruit Vegetable & Bread Alternative

Menu Questions or Comments:
 Please contact: Jeanne Sheridan
jsheridan@bmrtd.net
 1-508-876-0193 opt. #4

Prices:

**Lunch \$2.50
 Reduced Price Lunch \$.40
 Bottled Water \$1.00
 Bagged Snacks .50-1.25
 Ice Cream .50- 1.50**

No Supersizing Here ! All of our meals meet USDA Standards for Nutrient Standards & Portion Size

