

Newburyport Molin & Middle School December 2007

If you have any questions, please call the Director of Dining Services at 465-4460

	Monday	Tuesday	Wednesday	Thursday	Friday
Incredibles  <i>Greek Salad</i>	Happy Holidays!	Look for our individual (Balanced Choice) meals that meet precise nutritional parameters. <ul style="list-style-type: none"> No more than 30% calories from fat. No more than 10% calories from saturated fat. No more than 100 mg of cholesterol. No more than 1300 mg of sodium. 		29 Taco Pie Breadstick Mexican Corn Baked Apple Slices 	30 Cheese Ravioli Marinara Sauce Garden Salad Dinner Roll 
Incredibles  <i>Antipasto Salad</i>	3 "Breakfast for Lunch" Buttermilk Pancakes Maple Syrup Sausage Patty Potato Rounds Warm Cinnamon Apple Slices	4 Chicken Lo Mein Carrots & Onions Dinner Roll Pineapples 	5 Macaroni & Cheese Garden Peas Baked Pretzel	6 Early Release No Lunch	7  Macho Nachos With Mexican Meat Cheese Sauce, Brown Rice Southwest Beans Fresh Orange
Incredibles  <i>Buffalo Chicken Salad</i>	10  Chicken Fajita Fiesta Rice Salsa & Corn Peaches	11 Austin Steak Twister Baked Fries Veggie Sticks	12 Double Portion Pasta With Meatballs Garden Salad Bread Stick	13 Turkey With Rice Mixed Vegetables Dinner Roll	14 Italian Cheese Lasagna Caesar Salad Garlic Bread
Incredibles  <i>Chef's Salad</i>	17 Double Toasted Cheese Sandwich Creamy Tomato Soup	18  Sloppy Jose on a Whole Wheat Bun Baked Potato Wedges Peas & Carrots Baked Apple Slices	19 Chicken Nuggets Mozzarella Sticks Baked Fries Veggie Sticks Dipping Sauce Holiday Cake!	20 Rotini W/ Italian Meat Sauce Garlic Bread, Green Beans Fresh Apple 	21 Buffalo Chicken Wrap Veggie Pasta Salad
	Winter Break No School Have Fun!	Let it Snow... 	Let it Snow...		 Let it Snow...

All meals at each station are served with fruit (juice, fresh or canned) and choice of milk (low fat or chocolate)

Cost of Student Meals \$2.50 – Ala Carte Milk \$.50



Meal includes: Vegetable and bread assortment contained within the meal or available separately



Daily offerings: Homemade cheese and pepperoni pizza offered with tossed salad
 Daily offerings: Hamburger, Cheeseburger and Chicken patty on a bun offered with lettuce & tomato, tossed salad or veggie sticks.



Daily offerings: Assorted pre-packaged sandwich and salad combination meals