



This institution is an equal opportunity provider and employer

# FEBRUARY 2024

## Henry James Middle School

Applications forms for free and reduced are available at your school or at [www.simsbury.k12.ct.us](http://www.simsbury.k12.ct.us) under Nutrition Services. New forms must be completed every year

### Monday



Popcorn Chicken Bites **5**  
Rice Pilaf  
Green Beans  
w/Fruit and Veggie  
Milk

Grilled Cheese & Tomato Soup **12**  
Goldfish Crackers  
Green Beans  
Fruit and Milk



Chicken Patty on a Whole Grain Roll **26**  
Potato Wedges  
w/ Fruit and Veggie  
Milk

### Tuesday



Mozzarella Cheese Sticks with Marinara **6**  
Caesar Salad W/ Croutons  
W/Fruit and Veggie of the Day

Beef Soft Taco With Cheese, Salsa & Sour Cream **13**  
Refried Beans  
w/Fruit and Veggie  
Milk

Winter Break

No School



Pasta with Meat Sauce **27**  
Garlic Knot, Tossed Salad  
w/Fruit and Veggie  
Milk

### Wednesday



Egg, Sausage & Cheese on a Croissant **7**  
Hash Brown Patty  
W/Fruit and Veggie

♥ Valentine's Day ♥ **14**  
Heart Shaped Chicken Nuggets  
Sliced Carrots  
Fruit and Milk

Macaroni & Cheese **21**  
Dinner Roll  
Steamed Broccoli  
w/Fruit and Veggie  
Milk

Chicken Fajitas **28**  
With Peppers & Onions  
Salsa & Sour Cream  
Refried Beans  
Milk

### Thursday

Bacon Cheeseburger **1**  
On a Whole Grain Roll  
Pasta Salad  
w/Fruit & Veggie  
Milk

Mini Chicken Corn **8**  
Dog Nuggets  
Savory Baked Beans  
w/Fruit and Veggie  
Milk

All Beef Hot Dog **15**  
On a Whole Grain Roll  
Pasta Salad  
w/Fruit and Veggie  
Milk

Cinnamon French Toast **22**  
Chicken Sausage Links  
Hash Brown Patty  
W/Fruit and Veggie  
Milk

Honey BBQ Pork **29**  
Ribbette Sandwich  
Creamy Coleslaw  
Veggie of the Day  
Milk

### Friday

Choose from Assorted Pizza Varieties **2**  
Veggie Sticks w/Dip  
Fruit Choice  
Milk

French Bread Pizza **9**  
Carrot Sticks W/Hummus  
W/Fruit and Veggie  
Milk

EARLY DISMISSAL **16**  
  
GRAB & GO LUNCH AVAILABLE

Personal Pan Pizza **23**  
Marinated Bean Salad  
Assorted Veggies  
Fruit of the day  
Milk



A student lunch is \$4.00 or free for those who qualify. Please pay by cash, check (made payable to "Simsbury Public Schools Cafeterias") or online at [www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com). Lunch consists of an entrée, vegetable choices, fruit choices, whole grains and low or fat free milk. Students may take three, four or five of these items but must choose at least ½ cup of fruits or vegetables and full servings of the other food components.

Breakfast is free for all students for the 2023/2024 school year. MENU SUBJECT TO CHANGE. A La Carte Items are available to purchase daily!

**Sandwich, Salad and Yogurt Meals are also available Daily with Veggie and Fruit of the Day.**