

# NOVEMBER 2023

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

This institution is an equal opportunity Provider and Employer.

Monday

Tuesday

Wednesday

Thursday

Friday

Crispy Chicken 6  
Patty  
On a Whole Grain Roll  
Oven Fries  
Veggie, Fruit and Milk

Pulled Chicken 13  
On a Whole Grain Roll  
Broccoli  
Veg and Fruit  
Milk

Grilled Chicken Club 20  
Sandwich  
Sweet Potato Fries  
Veggie and Fruit  
Milk

Crispy Chicken Tenders 27  
Fried Rice  
Green Beans  
w/Fruit and Veggie  
Milk

No School  
Election Day

All Beef Hot Dog on 14  
A Whole Grain Roll  
Baked Beans  
Veg & Fruit  
Milk

Mozzarella Sticks 21  
W/ Marinara Sauce  
Garden Salad  
Veg and Fruit  
Milk

American Goulash 28  
With Parmesan Cheese  
Tossed Salad  
w/Fruit and Veggie  
Milk

Egg and Cheese on a 1  
Croissant,  
Chicken Sausage Patty &  
Hash Brown  
Veg and Fruit of the Day  
Milk

Wild Mike's Cheese 8  
Bites w/Marinara Sauce  
Caesar Salad w/Croutons  
Veg and Fruit  
Milk

Grilled Cheese 15  
Sandwich, Tomato Soup  
Goldfish Crackers  
Veggie and Fruit  
Milk

Early Dismissal  
Grab and go

Bacon Cheeseburger 29  
With Sweet Potato Fries  
w/Fruit and Veggie  
Milk

Meatball Grinder 2  
With Mozzarella Cheese  
Garden Salad  
Veg and Fruit  
Milk

Cinnamon French 9  
Toast, Chicken Sausage  
Hash Brown  
Veg &Fruit  
Milk

Happy Thanksgiving! 16  
Oven Roasted Turkey &  
Gravy with all the Fixings  
Veg and Fruit  
Milk

No School 23  
Thanksgiving  
Day

Beef & Cheese 30  
Taco W/ Salsa  
Refried Beans  
w/Fruit and Veggie  
Milk

Cheese Quesadilla 3  
Pizza  
3-Bean Salad  
Veg and Fruit  
Milk

French Bread Pizza 10  
Peas and Carrots  
Veg & Fruit  
Milk

Personal Pan Pizza 17  
Tossed Salad  
Veggie and Fruit of the Day  
Milk

No School 24  
Thanksgiving  
Recess

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.