



This institution is an equal opportunity provider and employer.

DECEMBER 2023

Henry James Middle School

Applications forms for free and reduced are available at your school or at www.simsbury.k12.ct.us under Nutrition Services. New forms must be completed every year

Monday

Tuesday

Wednesday

Thursday

Friday

Crispy Chicken Patty
on a Whole Grain Roll
Potato Tots
W/Fruit and Veggie
of the Day

4

Meatball & Cheese
Sub on a Whole Grain Roll
Caesar Salad W/ Croutons
W/Fruit and Veggie
of the Day

5

EARLY DISMISSAL

6

Grab & Go Lunch

Cheeseburger on a Bun
With Pickle Chips
Roasted Potatoes
w/Fruit and Veggie
Milk

7

Cheese Pizza Wedge
With Fresh Veggie Sticks
& Dip
Fruit Choice
Milk

1

Popcorn Chicken Bowl
With Mashed Potato
Gravy & Seasoned Corn
w/Fruit and Veggie
Milk

11

Penne Pasta
W/ Meat Sauce
Garlic Knot, Caesar Salad
w/Fruit and Veggie
Milk

12

Walking Taco With Beef
Cheese, Salsa & Sour Cream
Fiesta Black Beans
Fruit and Veggie
Milk

13

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

14

French Bread Pizza
Celery Sticks W/ Dip
w/Fruit and Veggie
of the day
Milk

15

Winter Wonderland
Chicken Nuggets
Sweet Potato Fries
Corn Muffin
w/ Fruit, Veggie & Milk

18

Macaroni & Cheese
Dinner Roll
Roasted Broccoli
w/Fruit and Veggie
Milk

19

Cinnamon Waffle Sticks
With Sausage
Hashbrown Patty
w/Fruit & Veggie
Milk

20

Corn Dog Nuggets
Savory Baked Beans
Bread Stick
Frozen Fruit Cup
Veggie & Milk

21

EARLY DISMISSAL

GRAB & GO LUNCH

22

Winter
Break

25

Winter
Break

26

Winter
Break

27

Winter
Break

28

Winter
Break

29

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. 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.