



This institution is an equal opportunity Provider and Employer.

JANUARY 2024

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



1

Crispy Chicken Nuggets
Dinner Roll
Glazed Carrots
w/Fruit and Veggie
Milk

2

Sweet and Sour
Popcorn Chicken
Fiesta Rice, Broccoli
Fruit and Veggie
Milk

8



15

Macaroni & Cheese
Dinner Roll
Green Beans
Fruit and Veggie
Milk

16

Chicken Patty on a
Whole Grain Roll
Sweet Potato Fries
w/ Fruit and Veggie
Milk

22

Crispy Chicken Tenders
With Dipping Sauce
Mashed Potatoes & Corn
w/Fruit & Veggie
Milk

29

Tuesday

Wild Mike's Bites
With Marinara Sauce
Caesar Salad W/ Croutons
Fruit and Veggie
Milk

9

Macaroni & Cheese
Dinner Roll
Green Beans
Fruit and Veggie
Milk

16

Pancake & Sausage Bites
Hash Brown
w/Fruit and Veggie
Milk

23

Beef and Cheese Nachos
With Salsa & Sour Cream
Refried Beans
w/Fruit and Veggie
Milk

30

Wednesday

Mozzarella Cheese Sticks
With Marinara Sauce
Garden Salad
w/Fruit and Veggie
Milk

3

French Toast
Chicken Sausage
Hash Brown
Fruit and Veggie
Milk

10

Beef Soft Taco With
Cheese and Salsa
Corn Muffin, Black Beans
Fruit and Veggie
Milk

17

Pasta With Meat Sauce
Garlic Knot
Garden Salad
w/Fruit & Veggie
Milk

24

Lasagna Roll Ups
Garlic Breadstick
Caesar Salad
w/Fruit & Veggie
Milk

31

Thursday

Chicken Fajitas
With Salsa, Sour Cream
Fiesta Rice
w/Fruit and Veggie
Milk

4

Hamburger or Cheeseburger
On a Bun W/ Pickle Chips
Waffle Fries
Fruit and Veggie
Milk

11

Hot Dog on a Roll
Savory Baked Beans
Fruit and Veggie
Milk

18

BBQ Pork Rib Sandwich
Creamy Coleslaw
Veggie of the Day
Milk

25

Friday

Stuffed Crust Pizza
Parmesan Broccoli
w/Fruit and Veggie
Milk

5

Early Dismissal
Grab and go

12

Cheese Pizza Wedge
Fresh Veggie Sticks
With Hummus
Fruit of the day
Milk

19

Stuffed Mozzarella
Pizza Stick
Marinated Cucumber Salad
w/Fruit & Veggie
Milk

26

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.