

This institution is an equal opportunity provider and employer.

# Henry James Memorial School - Grades 7 - 8

## February 4 - February 8, 2019

Menu Subject to Change.

DAILY CHOICES	Monday -	Tuesday -	Wednesday -	Thursday -	Friday -
<b>HJMS Lions Hot Lunch</b> 	"Super Bowl" Burger with or w/out Cheese on a Wheat Roll "Touchdown" Fries "Quarterback" Carrots & Dip "Field Goal" Fruits "Go Team" Assorted Milk	Chicken Tenders Mashed Potatoes Steamed Carrots Wheat Dinner Roll Rainbow Fruit Trays Assorted Milk	Corn Bread Chili Bowl w/Cheese & Sour Cream Steamed Corn Rainbow Fruit Trays Assorted Milk	Meatballs with Brown Gravy Seasoned Egg Noodles Steamed Broccoli Garden Salad Rainbow Fruit Trays Assorted Milk	Fish Taco on Soft Tortilla w/cheese, Salsa & Sour Cream Cole Slaw Black Bean Salad Rainbow Fruit Trays Assorted Milk
<b>Alternate Hot Lunch</b> 	Pizza "Touchdown" Fries "Quarterback" Carrots & Dip "Field Goal" Fruits "Go Team" Assorted Milk	Chicken Patty on a Wheat Roll Steamed Carrots Rainbow Fruit Trays Assorted Milk	Pizza Steamed Corn Garden Salad Rainbow Fruit Trays Assorted Milk	Chicken Nuggets Seasoned Egg Noodles Steamed Broccoli Garden Salad Rainbow Fruit Trays Assorted Milk	Pizza Cole Slaw Black Bean Salad Rainbow Fruit Trays Assorted Milk
<b>Assorted Wraps &amp; Sandwiches</b> w/Assorted Fruits, Veggies & Milk 	Assorted Wraps & Sandwiches Feature of the Week: Buffalo Chicken	Assorted Wraps & Sandwiches Feature of the Week: Buffalo Chicken	Assorted Wraps & Sandwiches Feature of the Week: Buffalo Chicken	Assorted Wraps & Sandwiches Feature of the Week: Buffalo Chicken	Assorted Wraps & Sandwiches Feature of the Week: Buffalo Chicken
<b>Salads w/Fruit &amp; Milk</b> 	Assorted Salads Feature of the Week: Chef Salad	Assorted Salads Feature of the Week: Chef Salad	Assorted Salads Feature of the Week: Chef Salad	Assorted Salads Feature of the Week: Chef Salad	Assorted Salads Feature of the Week: Chef Salad
<b>Yogurt Parfaits</b> w/Veggies & Milk	Fruit & Yogurt Parfait w/Granola	Fruit & Yogurt Parfait w/Granola	Fruit & Yogurt Parfait w/Granola	Fruit & Yogurt Parfait w/Granola	Fruit & Yogurt Parfait w/Granola

A student lunch is \$3.50, \$0.40 or free. 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 and 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 1/2 cup of fruits or vegetables and full servings of the other food components. A selection of a la carte items is also available daily.

PLEASE JOIN US FOR BREAKFAST! NOW SERVED DAILY IN THE CAFETERIA - \$2.00, \$0.30 REDUCED OR FREE FOR THOSE THAT QUALIFY FOR FREE OR REDUCED MEALS.