

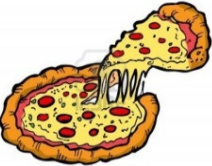




This institution is an equal opportunity provider and employer.

Henry James Memorial School - Grades 7 - 8

January 21 - 25, 2019

Menu Subject to Change.

DAILY CHOICES	Monday -	Tuesday -	Wednesday -	Thursday -	Friday -
HJMS Lions Hot Lunch 	 MARTIN LUTHER KING DAY NO SCHOOL	Big Daddy's® Pizza Steamed Broccoli Carrots & Dip Rainbow Fruit Trays Assorted Milk	<i>Chicken 'n' Waffles</i> Mini Maple Waffles w/Maple Syrup Chicken Tenders Hash Brown Potato Dragon Punch Rainbow Fruit Trays Assorted Milk	Wild Mike's® Cheese Bites w/Marinara Dipping Sauce Garden Salad Fresh Veggies & Dip Rainbow Fruit Trays Assorted Milk	<i>Tacos Your Way</i> Seasoned Beef & Cheese Served in a bag od Doritos© Chips OR Soft Tortilla w/Lettuce, Tomato, Salsa & Sour Cream-Refried Beans Rainbow Fruit Trays Assorted Milk
Alternate Hot Lunch 		Chicken Nuggets Wheat Dinner roll Steamed Broccoli Carrots & Dip Rainbow Fruit Trays Assorted Milk	Pizza Hash Brown Potato Dragon Punch Rainbow Fruit Trays Assorted Milk	Chicken Nuggets Wheat Dinner Roll Garden Salad Fresh Veggies & Dip Rainbow Fruit Trays Assorted Milk	Pizza Garden Salad Refried Beans Rainbow Fruit Trays Assorted Milk
Assorted Wraps & Sandwiches w/Assorted Fruits, Veggies & Milk 		Assorted Wraps & Sandwiches Feature of the Week: BBQ Chicken	Assorted Wraps & Sandwiches Feature of the Week: BBQ Chicken	Assorted Wraps & Sandwiches Feature of the Week: BBQ Chicken	Assorted Wraps & Sandwiches Feature of the Week: BBQ Chicken
Salads w/Fruit & Milk 		Assorted Salads Feature of the Week: Buffalo Chicken	Assorted Salads Feature of the Week: Buffalo Chicken	Assorted Salads Feature of the Week: Buffalo Chicken	Assorted Salads Feature of the Week: Buffalo Chicken
Yogurt Parfaits w/Veggies & Milk		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. 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.