

This institution is an equal opportunity provider and employer.

Henry James Memorial School - Grades 7 - 8

January 28 - February 1, 2019

Menu Subject to Change.

DAILY CHOICES	Monday -	Tuesday -	Wednesday -	Thursday -	Friday -
HJMS Lions Hot Lunch 	Chicken Tenders Fluffy Brown Rice Steamed Oriental Veggies Carrots & Dip Rainbow Fruit Trays Assorted Milk	Cheese Quesadilla Pizza w/Salsa & Sour Cream Black Bean Salad Steamed Corn Rainbow Fruit Trays Assorted Milk	French Toast Sticks w/Maple Syrup Sausage Links Hash Brown Potato Dragon Punch Rainbow Fruit Trays Assorted Milk	Garlic Cheese Sticks w/Marinara Dipping Sauce Steamed Broccoli Veggies & Dip Rainbow Fruit Trays Assorted Milk	Fish Taco on a Soft Tortilla w/cheese, Salsa & Sour Cream Oven Fries B's Cole Slaw Rainbow Fruit Trays Assorted Milk
Alternate Hot Lunch 	Pizza Steamed Oriental Veggies Carrots & Dip Rainbow Fruit Trays Assorted Milk	Chicken Nuggets Wheat Dinner roll Black Bean Salad Steamed Corn Rainbow Fruit Trays Assorted Milk	Pizza Hash Brown Potato Dragon Punch Rainbow Fruit Trays Assorted Milk	Chicken Nuggets Wheat Dinner Roll Steamed Broccoli Veggies & Dip Rainbow Fruit Trays Assorted Milk	Pizza Oven Fries B's Cole Slaw Rainbow Fruit Trays Assorted Milk
Assorted Wraps & Sandwiches w/Assorted Fruits, Veggies & Milk 	Assorted Wraps & Sandwiches Feature of the Week: Turkey BLT	Assorted Wraps & Sandwiches Feature of the Week: Turkey BLT	Assorted Wraps & Sandwiches Feature of the Week: Turkey BLT	Assorted Wraps & Sandwiches Feature of the Week: Turkey BLT	Assorted Wraps & Sandwiches Feature of the Week: Turkey BLT
Salads w/Fruit & Milk 	Assorted Salads Feature of the Week: Tuna	Assorted Salads Feature of the Week: Tuna	Assorted Salads Feature of the Week: Tuna	Assorted Salads Feature of the Week: Tuna	Assorted Salads Feature of the Week: Tuna
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	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.