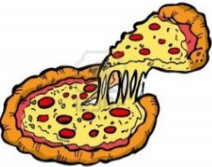




This institution is an equal opportunity provider and employer.

Henry James Memorial School - Grades 7 - 8

January 7 - 11, 2019

Menu Subject to Change.

DAILY CHOICES	Monday -	Tuesday -	Wednesday -	Thursday -	Friday -
HJMS Lions Hot Lunch 	Bacon Burger w/Cheese on a Wheat Roll Emoticon® Potatoes Cherry Smooth Frozen Juice Rainbow Fruit Trays Assorted Milk	Calzone Garlic Bread Stick Steamed Broccoli Rainbow Fruit Trays Assorted Milk	Chicken Tenders Plain OR Spicy Stuffing Steamed Green Beans Rainbow Fruit Trays Assorted Milk	Meatball Grinder w/Sauce & Cheese on a Wheat Roll Garden Salad Rainbow Fruit Trays Assorted Milk	Cheese Quesadilla Pizza w/Salsa & Sour Cream Black Bean Salad Steamed Corn Rainbow Fruit Trays Assorted Milk
Alternate Hot Lunch 	Pizza Emoticon® Potatoes Cherry Smooth Frozen Juice Rainbow Fruit Trays Assorted Milk	Chicken Nuggets Garlic Bread Stick Steamed Broccoli Rainbow Fruit Trays Assorted Milk	Pizza Mashed Potatoes Steamed Green Beans Rainbow Fruit Trays Assorted Milk	Chicken Nuggets Wheat Dinner Roll Garden Salad Rainbow Fruit Trays Assorted Milk	Pizza Black Bean Salad Steamed Corn Rainbow Fruit Trays Assorted Milk
Assorted Wraps & Sandwiches w/Assorted Fruits, Veggies & Milk 	Assorted Wraps & Sandwiches Feature of the Week: Roast Beef	Assorted Wraps & Sandwiches Feature of the Week: Roast Beef	Assorted Wraps & Sandwiches Feature of the Week: Roast Beef	Assorted Wraps & Sandwiches Feature of the Week: Roast Beef	Assorted Wraps & Sandwiches Feature of the Week: Roast Beef
Salads w/Fruit & Milk 	Assorted Salads Feature of the Week: Southwest	Assorted Salads Feature of the Week: Southwest	Assorted Salads Feature of the Week: Southwest	Assorted Salads Feature of the Week: Southwest	Assorted Salads Feature of the Week: Southwest
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.