



This institution is an equal opportunity provider and employer.

Henry James Memorial School - Grades 7 - 8

March 4 - March 8, 2019

Menu Subject to Change.

DAILY CHOICES	Monday - 03/04	Tuesday - 03/05	Wednesday - 03/06	Thursday - 03/07	Friday - 03/08
HJMS Lions Hot Lunch 	Meatballs w/Brown Gravy Seasoned Egg Noodles Steamed Broccoli Garden Salad Rainbow Fruit Trays Assorted Milk	Cheese Quesadilla Pizza w/Salsa & Sour Cream Refried Beans Steamed Corn 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	Breaded Mozzarella Sticks w/Marinara Dipping Sauce Garden Salad Fresh Veggies & Dip Rainbow Fruit Trays Assorted Milk	Philly Steak & Cheese w/Peppers & Onions Sweet Potato Crinkle Fries Steamed Green Beans Rainbow Fruit Trays Assorted Milk
Alternate Hot Lunch 	Pizza Seasoned Egg Noodles Steamed Broccoli Garden Salad Rainbow Fruit Trays Assorted Milk	Chicken Patty on a Wheat Roll Refried Beans Steamed Corn 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 Sweet Potato Crinkle Fries Steamed Green Beans Rainbow Fruit Trays Assorted Milk
Assorted Wraps & Sandwiches w/Assorted Fruits, Veggies & Milk 	Assorted Wraps & Sandwiches Feature of the Week: Crunchy Hawaiian	Assorted Wraps & Sandwiches Feature of the Week: Crunchy Hawaiian	Assorted Wraps & Sandwiches Feature of the Week: Crunchy Hawaiian	Assorted Wraps & Sandwiches Feature of the Week: Crunchy Hawaiian	Assorted Wraps & Sandwiches Feature of the Week: Crunchy Hawaiian
Salads w/Fruit & Milk 	Assorted Salads Feature of the Week: Turkey BLT	Assorted Salads Feature of the Week: Turkey BLT	Assorted Salads Feature of the Week: Turkey BLT	Assorted Salads Feature of the Week: Turkey BLT	Assorted Salads Feature of the Week: Turkey BLT
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.