




This institution is an equal opportunity provider and employer.

# Henry James Memorial School - Grades 7 - 8

## September 19 - 23, 2021

Menu Subject to Change.

DAILY CHOICES	MONDAY 9/19	TUESDAY 9/20	WEDNESDAY- 9/21	THURSDAY- 9/22	FRIDAY- 9/23
<b>HJMS Lions Hot Lunch</b> 	<b>BBQ Chicken Tenders With Coleslaw Corn Muffin w/Fruit and Veggie Milk</b>	<b>Cheese Calzone With Marinara Sauce Caesar Salad W/ Croutons w/Fruit and Veggie Milk</b>	<b>Chicken and Cheese Wrap With Pretzels Assorted Veggie Sticks Fruit Choice Milk</b>	<b>Beef Nachos With Cheese &amp; Sour Cream Refried Beans w/Fruit and Veggie Milk</b>	<b>Cheese Quesadilla Pizza Marinated Cucumbers &amp; Tomatoes Fruit Choice Milk</b>
<b>Assorted Wraps &amp; Sandwiches</b> w/Assorted Fruits, Veggies & Milk 	<b>Feature of the Week: Chicken Caesar Wrap w/Fruit and Veggie of the day Milk</b>	<b>Feature of the Week: Chicken Caesar Wrap w/Fruit and Veggie of the day Milk</b>	<b>Feature of the Week: Chicken Caesar Wrap w/Fruit and Veggie of the day Milk</b>	<b>Feature of the Week: Chicken Caesar Wrap w/Fruit and Veggie of the day Milk</b>	<b>Feature of the Week: Chicken Caesar Wrap w/Fruit and Veggie of the day Milk</b>
<b>Salads w/Fruit &amp; Milk</b> 	<b>Feature of the Week: Chef Salad w/Fruit &amp; Veggie Assorted Milk</b>	<b>Feature of the Week: Chef Salad w/Fruit &amp; Veggie Assorted Milk</b>	<b>Feature of the Week: Chef Salad w/Fruit &amp; Veggie Assorted Milk</b>	<b>Feature of the Week: Chef Salad w/Fruit &amp; Veggie Assorted Milk</b>	<b>Feature of the Week: Chef Salad w/Fruit &amp; Veggie Assorted Milk</b>

Lunch is NO CHARGE for all students. 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 for purchase daily.

**BREAKFAST IS NO CHARGE FOR ALL STUDENTS! NOW SERVED DAILY IN THE CAFETERIA**