




This institution is an equal opportunity provider and employer.

Henry James Memorial School - Grades 7 - 8

March 13-17, 2023

Menu Subject to Change.

DAILY CHOICES	MONDAY 03/13	TUESDAY 03/14	WEDNESDAY- 03/15	THURSDAY- 03/16	FRIDAY- 03/17
HJMS Lions Hot Lunch 	Crispy Chicken Nuggets With Dipping Sauce Biscuit, Seasoned Corn w/Fruit and Veggie Milk	Grilled Cheese Sandwich Tomato Soup Goldfish Crackers w/Fruit and Veggie Milk	Chicken Alfredo With a Twist, Dinner Roll Caesar Salad w/Fruit and Veggie Milk	Beef and Cheese Taco Stick, Corn Muffin Black Bean Salad w/Fruit and Veggie Milk	PROFESSIONAL DEVELOPMENT NO SCHOOL
Assorted Wraps & Sandwiches w/Assorted Fruits, Veggies & Milk 	Feature of the Week: Turkey BLT w/Fruit and Veggie of the day Milk	Feature of the Week: Turkey BLT w/Fruit and Veggie of the day Milk	Feature of the Week: Turkey BLT w/Fruit and Veggie of the day Milk	Feature of the Week Turket BLT w/Fuit and Veggie of the day Milk	PROFESSIONAL DEVELOPMENT NO SCHOOL
Salads w/Fruit & Milk 	Feature of the Week: Southwest w/Fruit & Veggie Assorted Milk	Feature of the Week: Southwest w/Fruit & Veggie Assorted Milk	Feature of the Week: Southwest w/Fruit & Veggie Assorted Milk	Feature of the Week Southwest w/Fuit and Veggie Assorted Milk	PROFESSIONAL DEVELOPMENT NO SCHOOL
Milk (Other than with a meal) must be paid with cash or student account. 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 ala carte items is also available daily.					
BREAKFAST IS NO CHARGE FOR ALL STUDENTS! NOW SERVED DAILY IN THE CAFETERIA					