




This institution is an equal opportunity provider and employer.

Henry James Memorial School - Grades 7 - 8

March 6-10, 2023

Menu Subject to Change.

DAILY CHOICES	Monday -03/06	Tuesday- 03/07	WEDNESDAY- 03/08	THURSDAY- 03/09	FRIDAY-03/10
HJMS Lions Hot Lunch 	Crispy Chicken Tenders, Rice Pilaf Green Beans W/Fruit and Veggie of the Day	Meatball & Cheese Grinder Caesar Salad W/ Croutons W/Fruit and Veggie of the Day	Whole Grain Waffle Sticks With Strawberries Hash Brown & Sausage W/Fruit and Veggie	All Beef Hot Dog Dog W/Chili Savory Baked Beans w/Fruit and Veggie Milk	Cheese Pizza Wedge Veggie Sticks W/Hummus W/Fruit and Veggie Milk
Assorted Wraps & Sandwiches w/Assorted Fruits, Veggies & Milk 	Feature of the Week: Turkey & Avocado Wrap w/Fruit and Veggie of the day Milk	Feature of the Week: Turkey & Avocado Wrap w/Fruit and Veggie of the day Milk	Feature of the Week: Turkey & Avocado Wrap w/Fruit and Veggie of the day Milk	Feature of the Week: Turkey & Avocado Wrap w/Fruit and Veggie of the day Milk	Feature of the Week: Turkey & Avocado Wrap w/Fruit and Veggie of the day Milk
Salads w/Fruit & Milk 	Feature of the Week: Chicken Cobb Salad w/Fruit & Veggie Assorted Milk	Feature of the Week: Chicken Cobb Salad w/Fruit & Veggie Assorted Milk	Feature of the Week: Chicken Cobb Salad w/Fruit & Veggie Assorted Milk	Feature of the Week: Chicken Cobb Salad w/Fruit & Veggie Assorted Milk	Feature of the Week: Chicken Cobb Salad w/Fruit & Veggie Assorted Milk
*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 a la carte items is also available for purchase daily.					
BREAKFAST IS NO CHARGE FOR ALL STUDENTS! NOW SERVED IN THE CAFETERIA					