

MARSHFIELD PUBLIC SCHOOL

APRIL 2019

MARTINSON ELEMENTARY SCHOOL MENU

LUNCH COST \$2.75

MENU SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Fajita on a W.WI Wrap Peppers & Onions Smile Fries Frozen Juice Cup Fruit & Milk	Baked Mac & Cheese Rolled Ham Slices Sweet Green Peas W.W. Dinner Roll Fruit & Milk	W.W. Baked Chicken Nuggets w/Variety of Dipping Sauces Oven Fries W.W. Dinner Roll Fruit & Milk	W.W. Homemade Pizza Green Tossed Salad w/Assorted Dressings Roasted Garbanzo Beans Fruit & Milk	Dutch Waffle w/Maple Syrup Scrambled Eggs Sweet Potato Fries Homemade Apple Crisp Fruit & Milk
8	9	10	11	12
Fruit Yogurt Smoothies W.W. Hot Pretzel Baby Carrot Bag w/Ranch Dressing Fruit & Milk	Baked Ziti Green Beans Garlic Bread Fruit & Milk	W.W. Chicken Tender on a W.W. Wrap Lettuce/Tomato/Pickles Baked Chip Bag Fruit & Milk	W.W. Homemade Pizza Green Tossed Salad w/Assorted Dressings Roasted Garbanzo Beans Fruit & Milk	Toasted Cheese on W.W. Bread Campbells Tomato Soup Cheddar Goldfish Fruit & Milk
15	16	17	18	19
VACATION WEEK				
22	23	24	25	26
Cereal Day Reduced Sugar, WG Cereal Scrabmled Eggs Mini Muffin Sweet Potato Fries Fruit & Milk	Muncho Nachos w/Tortilla Chips Taco Meat, Cheese Sauce Lettuce/Tomato/Salsa Sweet Carrots Fruit & Milk	W.W. Baked Popcorn Chicken Mashed Potatoes w/Gravy Crispy Corn W.W. Dinner Roll Fruit & Milk	W.W. Stuffed Crust Pizza Green Tossed Salad w/Assorted Dressings Roasted Garbanzo Beans Fruit & Milk	W.W. Pancakes w/Maple Syrup Sausage Link Homemade Apple Crisp Fruit & Milk
29	30	May 1st	May 2nd	May 3rd
Meatballs & Sauce on a W.W. Sub Roll Oven Fries Fruit & Milk	Soft Tacos Taco Meat, Cheese Sauce Lettuce/Tomato/Salsa Rice & Beans Fruit & Milk	Fruit Yogurt Smoothies W.W. Hot Pretzel Baby Carrot Bag w/Ranch Dressing Fruit & Milk	W.W. Homemade Pizza Green Tossed Salad w/Assorted Dressings Roasted Garbanzo Beans Fruit & Milk	W.W. Baked Chicken Nuggets w/Variety of Dipping Sauces Oven Fries W.W. Dinner Roll Fruit & Milk

DAILY CHOICES

Choice 2: Grab & Go Bag: 4oz Yogurt, Cheese Stick, Whole Grain Snack Bag and Fruit of the Week

Choice 3: Sliced Turkey on W.W. Bread

Choice 4: Tuna Salad on W.W. Bread

Choice 5: PB on W.W. Bread

Choice 6: PB & Jelly on W.W. Bread

Choice 7: PB & Fluff on W.W. Bread

Choice 8: Chicken Nuggets

Choice 9: Salad w/Sliced Turkey

Choice 10: Salad w/Tuna

Choice 11: Salad w/Feta

All Sandwiches served w/Whole Grain Snack Bag
* Daily Choices above are served with choice of the main menu sides of the day.
Milk Choices: Served with Lunch
1% Lowfat, Fat Free & Fat Free Flavored

Veggie Tray offered daily with:
Carrot Sticks, Celery Sticks, Sliced Red & Green Peppers, Sliced Tomatoes, Broccoli Green Lettuce Leaf and Dipping Dressings

A la Cart Items:
Milk - .75 cents
Water - .50 cents
Ice Cream. .75 cents

MAKE CHECKS PAYABLE TO:
TOWN OF MARSHFIELD
PAY ON-LINE
www.myschoolbucks.com
Use your Child's Birthday for ID #

Electronic Free and Reduced application is available at www.mpsd.org under the School Nutrition Dept. Nutrition Dept. and can be filled out anytime
NancyTellier - Administrative Assist.
ntellier@mpsd.org/781-319-3812