







**Molin Upper Elementary  
Nock Middle School  
Lunch Menu  
September 4-5, 2014**



Student Lunch \$3.00 Reduced Price \$0.40

Week 1

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Favorite Comfort Foods &amp; International Flavors Served Your Way In a Bowl</b>	<b>Welcome Back all Molin Upper Elementary and Nock Middle School Students!</b>			<b>Macaroni &amp; Cheese Bar</b> Creamy Cheese Sauce served with Macaroni and a baked Pretzel choice of toppings including seasoned Peas, shredded Cheese, Herbs, and Roasted Tomato Salsa	<b>Burrito Bowl</b> Beef & Bean Chili served with Fiesta Rice, Golden Corn, Lettuce, Tomato, shredded Cheddar, homemade Salsa, and a whole grain Tortilla
 <b>Hand held hot sandwiches and finger food combinations</b>				Meatball Sub	Toasted Turkey Club Panini Sandwich
Available Daily: Cheeseburgers, Breaded Chicken Sandwich, Vegetarian Black Bean or Veggie Burger All "TASTE" Meals offered with one of the following; Baked Fries, Tater Tots or Potato Wedges					
 <b>Pizza &amp; Crust items Baked Fresh Daily</b>				Philly Cheese Steak Pizza	Chicken Parmesan Pizza
Available Daily: Cheese and Pepperoni Pizza					
 <b>Rock, Get, Deli</b>	Made to Order Sandwich and Salads with Your Choice of Assorted Deli Meats, Hummus, Egg Salad, Cheeses, and Toppings On Your Choice Of Bread				
 <b>Fresh Food Fast- Packaged for Grab N' Go Salads, Sandwiches, Wraps</b>				Buffalo Chicken Wrap  Chicken Caesar Salad	Ham & Cheese Sandwich  Deli Chef Salad
Salads Offered With Two Dinner Rolls					

 <p>Fresh and Local Fruits, Vegetables and Prepared Side Salads Offered Daily</p>				<p>Chickpea Salad Broccoli Florets w/Ranch Dressing Assorted Fresh Fruit Assorted Chilled Fruit</p>	<p>Carrot Sticks w/Hummus Sweet Corn Salad Assorted Fresh Fruit Assorted Chilled Fruit</p>
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This institution is an equal opportunity provider and employer.

A full student lunch includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate

Questions? Call: 978-465-4460

Student Lunch \$3.00 Reduced Price \$0.40

**Lunch Menu**  
**September 8-12, 2014**





**"Simply Good"**



**Autumn Food Focus;**

**Dairy, Tree Fruit, Red & Orange**

**Vegetables**

Week 2

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Bowl</b></p>	<p><b>Sweet n' Sour Chicken Bowl</b> Popcorn Chicken Brown Fried Rice Gingered Seasoned Carrots Dinner Roll</p>	<p><b>Northeast Asian Rice Bowl</b> Korean Braised Rib Steamed Brown Rice, Stir Fry Vegetables, Crunchy Asian Topping</p>	<p><b>Backyard BBQ Bowl</b> BBQ Chicken Mac &amp; Cheese, Seasoned Green Beans, Fresh baked Biscuit</p>	<p><b>Latin American Roast Pork Bowl</b> Puerto Rican Style Citrus Pork, Rice &amp; Beans, Mexican Corn, Salsa, and Spicy Lime Tortilla Chips</p>	<p><b>Italian Tortellini Bowl</b> Cheese Tortellini, Pasta, Roasted Italian Vegetables, Italian Meat Sauce Garlic Breadstick</p>
 <p><b>Hand held hot sandwiches and finger food combinations</b></p>	<p>BBQ Pork Rib on a Bun</p>	<p>Toasted Ham &amp; Cheese Panini on Texas Toast w/ Honey Mustard</p>	<p>Philly Cheese Steak Grinder</p>	<p>Meatball Sub</p>	<p>Beef Hot Dog On a Whole Grain Bun</p>
<p>Available Daily: Cheeseburgers, Breaded Chicken Sandwich, Vegetarian Black Bean or Veggie Burger All "TASTE" Meals offered with one of the following; Baked Fries, Tater Tots or Potato Wedges</p>					
 <p><b>Pizza &amp; Crust items Baked Fresh Daily</b></p>	<p>Cheeseburger Pizza</p>	<p>Veggie Lovers' Pizza</p>	<p><b>Personal Pizza</b> Meat Lovers</p>	<p>Philly Cheese Steak Pizza</p>	<p>Chicken Parmesan Pizza</p>
<p>Available Daily: Cheese and Pepperoni Pizza</p>					
	<p>Made to Order Sandwich and Salads with Your Choice of Assorted Deli Meats, Hummus, Chicken Salad, Cheeses, and Toppings On Your Choice Of Bread</p>				

 <b>Fresh Food Fast- Packaged for Grab N' Go Salads, Sandwiches, Wraps</b>	Turkey & Cheese Sandwich	Italian Hoagie	Chicken Caesar Wrap	Buffalo Chicken Wrap	Ham & Cheese Sandwich
	Garden Salad with Cheese	Buffalo Chicken Salad	Deli Chef Salad	Chicken Caesar Salad	Garden Salad with Cheese
Available Daily: Sun Butter & Grape Jelly Sandwich, Salads Offered With Two Dinner Rolls					
 <b>Fresh and Local Fruits, Vegetables and Prepared Side Salads Offered Daily</b>	Carrot Sticks w/Hummus Tossed Salad Assorted Fresh Fruit Assorted Chilled Fruit	Chickpea Salad Celery Sticks w/Sun Butter Assorted Fresh Fruit Assorted Chilled Fruit	Carrot Sticks w/Hummus Sweet Corn Salad Assorted Fresh Fruit Assorted Chilled Fruit	Chickpea Salad Broccoli Florets w/Ranch Dressing Assorted Fresh Fruit Assorted Chilled Fruit	Carrot Sticks w/Hummus Sweet Corn Salad Assorted Fresh Fruit Assorted Chilled Fruit

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A full student lunch includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate

**Questions? Call: 978-465-4460**

Chartwells School Dining Services

## Nock Middle School Lunch Menu




**September 15-19, 2014**




**“Simply Good”**

**Autumn Food Focus;**


**Dairy, Tree Fruit, Red & Orange Vegetables**


Week 3

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Bowl</b>	<b>Shepherd's Pie Bowl</b> Seasoned Beef Mashed Potatoes, Gravy Corn, Southern Style Biscuit	<b>Orange Ginger Chicken Bowl</b> Crunchy Popcorn Chicken, Steamed Brown Rice, Stir fry Veggies, Homemade Orange Ginger Sauce	<b>Italian Pasta Bowl</b> Saucy Italian Meatballs, curly rotini pasta, Steamed Vegetable medley, Marinara Sauce, and toasted Garlic Bread	<b>Home style Chicken Dinner Bowl</b> Roasted Chicken Mashed Potatoes and Gravy Seasoned Peas Dinner Rolls	<b>Fajita Bowl</b> Spicy Fajita Chicken, Cilantro Lime Chips, Seasoned Black Beans, Roasted Peppers & Onions, shredded Cheddar Cheese
	BBQ Pork Rib on a Bun	Toasted Three Cheese Panini Sandwich with Tomato Soup	Philly Cheese Steak Grinder	Meatball Sub	Toasted Turkey Club Panini Sandwich
 <b>Hand held hot sandwiches and finger food combinations</b>	Available Daily: Cheeseburgers, Breaded Chicken Sandwich, Vegetarian Black Bean or Veggie Burger All "TASTE" Meals offered with one of the following; Baked Fries, Tater Tots or Potato Wedges				
	Cheeseburger Pizza	Veggie Lovers' Pizza	<b>Personal Pizza</b> Pepperoni	Philly Cheese Steak Pizza	Chicken Parmesan Pizza
 <b>Pizza &amp; Crust items Baked Fresh Daily</b>	Available Daily: Cheese and Pepperoni Pizza				

	<p>Made to Order Sandwich and Salads with Your Choice of Assorted Deli Meats, Hummus, Tuna Salad, Cheeses, and Toppings On Your Choice Of Bread</p>				
 <p>Fresh Food Fast-Packaged for Grab N' Go Salads, Sandwiches, Wraps</p>	<p>Turkey &amp; Cheese Sandwich Garden Salad with Cheese</p>	<p>Italian Hoagie Buffalo Chicken Salad</p>	<p>Chicken Caesar Wrap Deli Chef Salad</p>	<p>Buffalo Chicken Wrap Chicken Caesar Salad</p>	<p>Ham &amp; Cheese Sandwich Garden Salad with Cheese</p>
<p>Available Daily: Sun Butter &amp; Grape Jelly Sandwich, Salads Offered With Two Dinner Rolls</p>					
 <p>Fresh and Local Fruits, Vegetables and Prepared Side Salads Offered Daily</p>	<p>Carrot Sticks w/Hummus Tossed Salad Assorted Fresh Fruit Assorted Chilled Fruit</p>	<p>Chickpea Salad Celery Sticks w/Sun Butter Assorted Fresh Fruit Assorted Chilled Fruit</p>	<p>Carrot Sticks w/Hummus Sweet Corn Salad Assorted Fresh Fruit Assorted Chilled Fruit</p>	<p>Chickpea Salad Broccoli Florets w/Ranch Dressing Assorted Fresh Fruit Assorted Chilled Fruit</p>	<p>Carrot Sticks w/Hummus Sweet Corn Salad Assorted Fresh Fruit Assorted Chilled Fruit</p>

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 by Chartwells

Week 4

**September 22-26, 2014**

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**Questions? Call: 978-465-4460**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Bowl</b>	<b>Breakfast Bowl</b> French Toast Sticks, Syrup, Sausage Patty, Baked Tater Tots, Orange Juice	<b>Stuffed Potato Bowl</b> Baked Russet Potato, Diced Ham, Steamed Broccoli, Homemade Cheddar Cheese Sauce Dinner Rolls	<b>Sizzling Taco Bowl</b> Spicy Taco Meat, Seasoned Black Beans, Mexican Corn, shredded Cheddar Cheese and Corn Tortilla Rounds	<b>American Diner Bowl</b> Sliced Meatloaf, Sweet Potato Fries, seasoned Green Beans, Homemade Beef Gravy Dinner Rolls	<b>Mashed Potato Bowl</b> Creamy Mashed Potatoes, Popcorn Chicken, Roasted Carrot Fries, Homemade Chicken Gravy, and a Warm Breadstick
 <b>Hand held hot sandwiches and finger food combinations</b>	BBQ Pork Rib on a Bun	Toasted Ham & Cheese Panini on Texas Toast w/ Honey Mustard	Philly Cheese Steak Grinder	Meatball Sub	Beef Hot Dog On a Whole Grain Bun
Available Daily: Cheeseburgers, Breaded Chicken Sandwich, Vegetarian Black Bean or Veggie Burger All "TASTE" Meals offered with one of the following; Baked Fries, Tater Tots or Potato Wedges					
 <b>Pizza &amp; Crust items Baked Fresh Daily</b>	Cheeseburger Pizza	Veggie Lovers' Pizza	<b>Personal Pizza</b> Buffalo Chicken	Philly Cheese Steak Pizza	Chicken Parmesan Pizza
Available Daily: Cheese and Pepperoni Pizza					
 <b>Ready, Set, Deli</b>	Made to Order Sandwich and Salads with Your Choice of Assorted Deli Meats, Hummus, Turkey Salad, Cheeses, and Toppings On Your Choice Of Bread				
 <b>Fresh Food Fast-Packaged for Grab N' Go Salads, Sandwiches, Wraps</b>	Turkey & Cheese Sandwich  Garden Salad with Cheese	Italian Hoagie  Buffalo Chicken Salad	Chicken Caesar Wrap  Deli Chef Salad	Buffalo Chicken Wrap  Chicken Caesar Salad	Ham & Cheese Sandwich  Garden Salad with Cheese
Salads Offered With Two Dinner Rolls					
 <b>Fresh and Local Fruits, Vegetables and Prepared Side Salads Offered Daily</b>	Carrot Sticks w/Hummus Tossed Salad Assorted Fresh Fruit Assorted Chilled Fruit	Chickpea Salad Celery Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Carrot Sticks Sweet Corn Salad Assorted Fresh Fruit Assorted Chilled Fruit	Chickpea Salad Broccoli Florets Assorted Fresh Fruit Assorted Chilled Fruit	Carrot Sticks Sweet Corn Salad Assorted Fresh Fruit Assorted Chilled Fruit