



# Wellesley Bates Elementary

## March 2020 - Lunch

### MONDAY

Nachos with Cheese   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Organic Applesauce

2

### TUESDAY

Ham & Cheese Sandwich   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Fresh Pear

3

### THURSDAY

Whole Grain French Toast   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

5

### FRIDAY

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Garden Salad

6

Nachos with Cheese   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn

9

Chicken Nuggets  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Green Beans

10

Cheeseburger  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries

12

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich

13

Nachos with Cheese   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Corn

16

Tuna Salad Sandwich   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Fresh Green Grapes

17

Fluffy Whole Grain Pancakes   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

19

Classic Cheese Pizza   
Pepperoni Pizza   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich

20

Nachos with Cheese   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Fresh Apple

23

Baked Chicken Tenders  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Steamed Peas  
Spanish Style Rice

24

Beef Hot Dog on Bun  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries  
Fresh Banana

26

Classic Cheese Pizza   
Pepperoni Pizza   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

27

Nachos with Cheese   
Bagel Fun Lunch   
Greek Salad   
Turkey & Cheese Sandwich  
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Fresh Pear  
Mixed Fruit

30

Closed

31

2

3

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# Wellesley Fiske Elementary

## March 2020 - Lunch

### MONDAY

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Garden Salad

2

### TUESDAY

Homemade Pasta & Meatballs   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

3

### THURSDAY

Whole Grain French Toast   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

5

### FRIDAY

Nachos with Cheese   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Corn  
Fresh Apple

6

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich 

9

Chicken Nuggets  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Green Beans

10

Cheeseburger  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries

12

Nachos with Cheese   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Corn

13

Classic Cheese Pizza   
Pepperoni Pizza   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
  
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich 

16

Crispy Tacos   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
  
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Iceberg Lettuce








17

Fluffy Whole Grain Pancakes   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
  
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

19

Nachos with Cheese   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
  
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Corn

20

Classic Cheese Pizza   
Pepperoni Pizza   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

23

Baked Chicken Tenders  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Steamed Peas  
Spanish Style Rice

24

Beef Hot Dog on Bun  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries  
Fresh Banana

26

Nachos with Cheese   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Mixed Vegetables  
Fresh Apple

27

Classic Cheese Pizza   
Pepperoni Pizza   
Bagel Fun Lunch   
Greek Salad   
Turkey & Cheese Sandwich  
Not-A-Nut Butter & Jelly Sandwich   
Garden Salad  
Fresh Pear

30

31

2

3

Closed

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# Wellesley Hardy Elementary

## March 2020 - Lunch

### MONDAY

Nachos with Cheese   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Organic Applesauce

2

### TUESDAY

Homemade Pasta & Meatballs   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

3

### THURSDAY

Whole Grain French Toast   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

5

### FRIDAY

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Garden Salad

6

Nachos with Cheese   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn

9

Chicken Nuggets  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Green Beans

10

Cheeseburger  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries

12

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich

13

Nachos with Cheese   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Corn

16

Crispy Tacos   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Iceberg Lettuce

17

Fluffy Whole Grain Pancakes   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

19

Classic Cheese Pizza   
Pepperoni Pizza   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich

20

Nachos with Cheese   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Fresh Apple

23

Baked Chicken Tenders  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Steamed Peas  
Spanish Style Rice

24

Beef Hot Dog on Bun  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries  
Fresh Banana

26

Classic Cheese Pizza   
Pepperoni Pizza   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

27

Nachos with Cheese   
Bagel Fun Lunch   
Greek Salad   
Turkey & Cheese Sandwich  
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Fresh Pear  
Mixed Fruit

30

Closed

31

2

3

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# Wellesley Hunnewell Elementary

## March 2020 - Lunch

### MONDAY

Nachos with Cheese   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Organic Applesauce

2

### TUESDAY

Homemade Pasta & Meatballs   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

3

### THURSDAY

Whole Grain French Toast   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

5

### FRIDAY

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Garden Salad

6

Nachos with Cheese   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn

9

Chicken Nuggets  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Green Beans

10

Cheeseburger  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries

12

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich

13

Nachos with Cheese   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Corn

16

Crispy Tacos   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Iceberg Lettuce

17

Fluffy Whole Grain Pancakes   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

19

Classic Cheese Pizza   
Pepperoni Pizza   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich

20

Nachos with Cheese   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Fresh Apple

23

Baked Chicken Tenders  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Steamed Peas  
Spanish Style Rice

24

Beef Hot Dog on Bun  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries  
Fresh Banana

26

Classic Cheese Pizza   
Pepperoni Pizza   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

27

Nachos with Cheese   
Bagel Fun Lunch   
Greek Salad   
Turkey & Cheese Sandwich  
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Fresh Pear  
Mixed Fruit

30

Closed

31

2

3

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# Wellesley Sprague Elementary

## March 2020 - Lunch

### MONDAY

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Garden Salad

2

### TUESDAY

Homemade Pasta & Meatballs   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

3

### THURSDAY

Whole Grain French Toast   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

5

### FRIDAY

Nachos with Cheese   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Corn  
Fresh Apple

6

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich

9

Chicken Nuggets  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Green Beans

10

Cheeseburger  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries

12

Nachos with Cheese   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Corn

13

Classic Cheese Pizza   
Pepperoni Pizza   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich

16

Crispy Tacos   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Iceberg Lettuce

17

Fluffy Whole Grain Pancakes   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

19

Nachos with Cheese   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Corn

20

Classic Cheese Pizza   
Pepperoni Pizza   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

23

Baked Chicken Tenders  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Steamed Peas  
Spanish Style Rice

24

Beef Hot Dog on Bun  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries  
Fresh Banana

26

Nachos with Cheese   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Mixed Vegetables  
Fresh Apple

27

Classic Cheese Pizza   
Pepperoni Pizza   
Bagel Fun Lunch   
Greek Salad   
Turkey & Cheese Sandwich  
Not-A-Nut Butter & Jelly Sandwich   
Garden Salad  
Fresh Pear

30

31

2

3

Closed

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# Wellesley Schofield Elementary

## March 2020 - Lunch

### MONDAY

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Garden Salad

2

### TUESDAY

Ham & Cheese Sandwich   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Fresh Pear

3

### THURSDAY

Whole Grain French Toast   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

5

### FRIDAY

Nachos with Cheese   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Corn  
Fresh Apple

6

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich 

9

Chicken Nuggets  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Green Beans

10

Cheeseburger  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries

12

Nachos with Cheese   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Corn

13

Classic Cheese Pizza   
Pepperoni Pizza   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
  
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich 

16

Tuna Salad Sandwich   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
  
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Fresh Green Grapes








17

Fluffy Whole Grain Pancakes   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
  
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

19

Nachos with Cheese   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
  
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Corn

20

Classic Cheese Pizza   
Pepperoni Pizza   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

23

Baked Chicken Tenders  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Steamed Peas  
Spanish Style Rice

24

Beef Hot Dog on Bun  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries  
Fresh Banana

26

Nachos with Cheese   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Mixed Vegetables  
Fresh Apple

27

Classic Cheese Pizza   
Pepperoni Pizza   
Bagel Fun Lunch   
Greek Salad   
Turkey & Cheese Sandwich  
Not-A-Nut Butter & Jelly Sandwich   
Garden Salad  
Fresh Pear

30

31

2

3

Closed

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# Wellesley Upham Elementary

## March 2020 - Lunch

### MONDAY

Nachos with Cheese   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Organic Applesauce

2

### TUESDAY

Ham & Cheese Sandwich   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Fresh Pear

3

### THURSDAY

Whole Grain French Toast   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

5

### FRIDAY

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Build-A-Sandwich   
Fruity Parfait   
Tuna Salad Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Garden Salad

6

Nachos with Cheese   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn

9

Chicken Nuggets  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Green Beans

10

Cheeseburger  
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries

12

Classic Cheese Pizza   
Pepperoni Pizza   
Simply Boxed Belgium Waffle Bites   
Garden Salad with Cheese Entree   
Ham & Cheese Triple Decker Sandwich   
Not-A-Nut Butter & Jelly Sandwich

13

Nachos with Cheese   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Corn

16

Tuna Salad Sandwich   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Fresh Green Grapes

17

Fluffy Whole Grain Pancakes   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich   
Crispy Pork Sausage Links

19

Classic Cheese Pizza   
Pepperoni Pizza   
Yogurt, Cereal, Cheese Stick & Roll   
Strawberry Smoothie   
BLT Wrap   
Not-A-Nut Butter & Jelly Sandwich

20

Nachos with Cheese   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Fresh Apple

23

Baked Chicken Tenders  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Steamed Peas  
Spanish Style Rice

24

Beef Hot Dog on Bun  
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Oven Baked Fries  
Fresh Banana

26

Classic Cheese Pizza   
Pepperoni Pizza   
Muffin Lunch   
Caesar Salad   
American Combo Sandwich   
Not-A-Nut Butter & Jelly Sandwich   
Caesar Salad

27

Nachos with Cheese   
Bagel Fun Lunch   
Greek Salad   
Turkey & Cheese Sandwich  
Not-A-Nut Butter & Jelly Sandwich   
Sweet Corn  
Fresh Pear  
Mixed Fruit

30

Closed

31

2

3

\* Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This instruction is an equal opportunity provider.

# Wellesley Middle School

Welcome to our  
Lunch Cafe

3/2/2020 - 3/6/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Roast Beef Sandwich  
freshly made sandwich  
with thinly sliced roast  
beef

Egg Salad Sandwich



Buffalo Chicken Wrap  
Buffalo chicken wrapped  
in a tortilla with lettuce  
and tomato

Egg Salad Sandwich



Turkey & Cheese  
Sandwich  
freshly made and thinly  
sliced turkey and cheese  
sandwich

Romeo Sandwich



Roast Beef Sandwich  
freshly made sandwich  
with thinly sliced roast  
beef

Romeo Sandwich



Tuna Salad Sandwich

**Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps**



Nachos with Cheese  
creamy cheese layered  
over a bed of nachos



Black Beans

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese



Black Beans

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese



Black Beans

Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce



Black Beans

**Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried**



Beef and Tomato  
Macaroni Casserole  
elbow macaroni mixed  
with cooked beef, tomato  
sauce, and cheese



Sauteed Vegetable  
Medley

Pulled Pork Sliders  
tender pulled pork with  
barbecue sauce and  
coleslaw on a soft bun



Sweet Potato Fries

Chicken and Waffles  
crispy chicken placed on  
top of fluffy waffles  
Sauteed Cinnamon  
Apple Slices

Homemade New  
England Fish & Chips  
tender cod filets, battered  
& fried, served with fries  
& honey vinegar dipping  
sauce



Homemade Deli Style  
Coleslaw



Buffalo Chicken  
Tenders  
Buffalo chicken tenders  
with carrot and celery  
sticks



Bacon Cheeseburger  
burger topped with  
cheese and bacon on a  
freshly toasted bun

Grilled Cheese  
Sandwich  
golden toasted bread with  
melted gooey cheese  
pressed and prepared in-  
house



Chicken Parmesan  
Sandwich  
warm chicken patty  
smothered in tomato  
sauce, topped with  
melted cheese  
assembled in-house on a

**Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken**



Grilled Vegetable Pizza  
freshly made pizza  
topped with grilled  
zucchini, squash,  
eggplant and scallions  
covered with melted  
mozzarella cheese



Meatball Pizza  
cheese pizza topped with  
sliced meatball  
Personal Pan Cheese  
Pizza



Meat Lovers Pizza  
freshly made pizza  
topped with mozzarella  
cheese, sausage,  
pepperoni and meatball



Personal Pan Cheese  
Pizza

Hawaiian Pizza  
ham and pineapple  
chunks over a cheese  
pizza slice  
Personal Pan Cheese  
Pizza



**Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough**



Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
Chef Salad

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
Chef Salad

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
Chef Salad

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
Chef Salad

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite Veggie  
Pasta Salad  
Salad Mix

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite Veggie  
Pasta Salad  
Salad Mix

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite Veggie  
Pasta Salad  
Salad Mix

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite Veggie  
Pasta Salad  
Salad Mix

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



**SIMPLY ROOTED**  
in food & family

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Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.  
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.  
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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Made With  
Natural Ingredients



Pork



Smart  
Choice



Made With  
Organic Ingredients



# Wellesley Middle School

Welcome to our  
Lunch Cafe

3/9/2020 - 3/13/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Italian Combo Sandwich  
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato

Romeo Sandwich  
salami, ham and fresh mozzarella with lettuce and tomato   
Chicken Salad Wrap

Italian Combo Sandwich  
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato

American Beauty  
freshly made sandwich with thinly sliced turkey and cheese, crispy lettuce and tomato   
Chicken Salad Wrap

Chicken Caesar Wrap  
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing   
Chicken Salad Wrap

**Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps**



Nachos with Cheese  
creamy cheese layered over a bed of nachos   
Black Beans

Crispy Tacos  
homemade spicy taco meat inside a crispy taco shell topped with cheese   
Black Beans

Nachos Grande  
tortilla chips topped with freshly prepared mexi style meat and cheese sauce   
Black Beans

Crispy Tacos  
homemade spicy taco meat inside a crispy taco shell topped with cheese   
Black Beans

Nachos Grande  
tortilla chips topped with freshly prepared mexi style meat and cheese sauce   
Black Beans

**Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried**



Homemade Mac & Cheese  
pasta in cheese sauce, garnished with parsley   
Beef and Tomato Macaroni Casserole   
Sautéed Vegetable Medley

Homemade Shepherd's Pie  
seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy

General Tso's Chicken Rice Bowl  
General Tso's chicken bowl with brown rice, broccoli, and scallions

Buffalo Chicken Tenders  
Buffalo chicken tenders with carrot and celery sticks   
Baked Chicken Tenders  
Mixed Vegetables

Roast Pork Loin  
pork loin rubbed with spices and roasted   
Homemade New England Fish & Chips  
tender cod filets, battered & fried, served with fries & honey vinegar dipping



Chicken Nuggets  
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

Barbecue Rib Sandwich  
warm BBQ rib patty on a bun prepared in-house

Grilled Chicken Teriyaki Sandwich  
grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house

Turkey BLT Sandwich  
freshly made sandwich prepared in-house with thinly sliced turkey breast, crispy bacon, fresh lettuce and tomato slices

Meatball Hero  
freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella

**Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken**



Pepper & Onion Pizza  
freshly made pizza dough topped with marinara sauce, mozzarella and sautéed peppers and onions

Homemade Ham Pepperoni and Cheese Stromboli  
ham, pepperoni and melted cheese wrapped in a pizza dough   
Personal Pan Cheese

Personal Pan Cheese Pizza  
fresh pizza dough topped with sauce and mozzarella cheese

Personal Pan Cheese Pizza  
fresh pizza dough topped with sauce and mozzarella cheese   
Macho Taco Pizza

Meatball Pizza  
cheese pizza topped with sliced meatball   
Personal Pan Cheese Pizza  
fresh pizza dough topped with sauce and

**Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough**



Cobb Salad  
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg   
Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg   
Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg   
Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg   
Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg   
Greek Salad  
romaine lettuce with

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side  
Homemade Lite Veggie Pasta Salad  
Homemade pasta with carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side  
Homemade Lite Veggie Pasta Salad  
Homemade pasta with carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side  
Homemade Lite Veggie Pasta Salad  
Homemade pasta with carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side  
Homemade Lite Veggie Pasta Salad  
Homemade pasta with carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side  
Homemade Lite Veggie Pasta Salad  
Homemade pasta with carrots, corn, onions, red

**WHITSON'S**  
School Nutrition

**SIMPLY ROOTED**  
in food & family

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# Wellesley Middle School

Welcome to our  
Lunch Cafe

3/16/2020 - 3/20/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Roast Beef Sandwich  
freshly made sandwich  
with thinly sliced roast  
beef

Egg Salad Sandwich



Tuna Salad Sandwich  
freshly made sandwich  
topped with creamy tuna  
salad



Italian Stallion Panini  
freshly prepared grilled  
panini with pepperoni,  
ham, mozzarella cheese  
and lettuce



Tuna Salad Sandwich



Turkey BLT Wrap  
sliced turkey, bacon,  
lettuce, and tomato on a  
wrap



Tuna Salad Sandwich



Tuna Salad Sandwich  
freshly made sandwich  
topped with creamy tuna  
salad



Ham & Cheese  
Sandwich



**Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps**



Nachos with Cheese  
creamy cheese layered  
over a bed of nachos



Black Beans

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese



Black Beans

Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce



Black Beans

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese



Black Beans

Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce



Black Beans

**Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried**



Homemade Pasta &  
Meat Sauce  
freshly cooked  
homemade pasta with  
meat sauce



Garden Salad

Mission Burrito  
authentic fiesta style  
meat topped with sour  
cream, beans, seasoned  
rice, shredded cheese  
and crisp lettuce inside a  
soft tortilla shell  
assembled in-house



Whole Grain Pancakes  
with Sausage  
light and fluffy pancakes  
served with a sausage  
patty

Hash Brown Potatoes

Homemade Peach  
Cobbler

Chicken Lo Mein  
tender chicken sauteed  
with vegetables and lo  
mein noodles



Homemade New  
England Fish & Chips  
tender cod filets, battered  
& fried, served with fries  
& honey vinegar dipping



Veggie Burger

BBQ Chicken  
Sandwich  
warm baked chicken  
smothered in BBQ sauce  
on a bun and prepared in-  
house

Mozzarella Sticks  
crispy mozzarella sticks  
filled with gooey cheese,  
perfect for dipping into  
your favorite sauce



Double Bacon Burger  
two juicy all beef patties  
topped with crisp bacon,  
cheese, on a soft bun

Spicy Chicken  
Sandwich  
warm spicy crispy  
chicken sandwich  
prepared in-house

**Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken**



Personal Pan Cheese  
Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Personal Pan Cheese  
Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Hand Crafted Buffalo  
Chicken Pizza

Personal Pan Cheese  
Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Hawaiian Pizza

Personal Pan Cheese  
Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Homemade Salami  
Ham & Cheese

Personal Pan Cheese  
Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Homemade Pasta &  
Meatballs

**Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough**



Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
romaine lettuce with

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

WHITSON'S  
School Nutrition

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in food & family

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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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Made With  
Natural Ingredients



Pork



Smart  
Choice



Made With  
Organic Ingredients



# Wellesley Middle School

Welcome to our  
Lunch Cafe

3/23/2020 - 3/27/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Roast Beef Sandwich  
freshly made sandwich  
with thinly sliced roast  
beef

Egg Salad Sandwich



Tuna Salad Sandwich  
freshly made sandwich  
topped with creamy tuna  
salad



Italian Stallion Panini  
freshly prepared grilled  
panini with pepperoni,  
ham, mozzarella cheese  
and lettuce



Tuna Salad Sandwich



Turkey BLT Wrap  
sliced turkey, bacon,  
lettuce, and tomato on a  
wrap



Tuna Salad Sandwich



Tuna Salad Sandwich  
freshly made sandwich  
topped with creamy tuna  
salad



Ham & Cheese  
Sandwich



**Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps**



Nachos with Cheese  
creamy cheese layered  
over a bed of nachos



Black Beans

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese



Black Beans

Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce



Black Beans

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese



Black Beans

Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce



Black Beans



Homemade Pasta &  
Meat Sauce  
freshly cooked  
homemade pasta with  
meat sauce



Garden Salad

Crispy Chicken  
Drumstick  
tender chicken drumstick  
breaded and baked until  
crispy

Fluffy Mashed  
Potatoes  
Sautéed Vegetable  
Medley

Mission Burrito  
authentic fiesta style  
meat topped with sour  
cream, beans, seasoned  
rice, shredded cheese  
and crisp lettuce inside a  
soft tortilla shell



assembled in-house

Whole Grain Pancakes  
with Sausage  
light and fluffy pancakes  
served with a sausage  
patty

Hash Brown Potatoes  
Homemade Peach  
Cobbler

Chicken Lo Mein  
tender chicken sautéed  
with vegetables and lo  
mein noodles



Homemade New  
England Fish & Chips  
tender cod filets, battered  
& fried, served with fries  
& honey vinegar dipping



Veggie Burger

BBQ Chicken  
Sandwich  
warm baked chicken  
smothered in BBQ sauce  
on a bun and prepared in-  
house

Mozzarella Sticks  
crispy mozzarella sticks  
filled with gooey cheese,  
perfect for dipping into  
your favorite sauce



Double Bacon Burger  
two juicy all beef patties  
topped with crisp bacon,  
cheese, on a soft bun

Spicy Chicken  
Sandwich  
warm spicy crispy  
chicken sandwich  
prepared in-house

**Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken**



Personal Pan Cheese  
Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Personal Pan Cheese  
Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Hand Crafted Buffalo  
Chicken Pizza

Personal Pan Cheese  
Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Hawaiian Pizza

Personal Pan Cheese  
Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Homemade Salami  
Ham & Cheese

Personal Pan Cheese  
Pizza  
fresh pizza dough topped  
with sauce and  
mozzarella cheese



Homemade Pasta &  
Meatballs

**Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough**



Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg



Greek Salad  
romaine lettuce with

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

WHITSON'S  
School Nutrition

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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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Made With  
Natural Ingredients



Pork



Smart  
Choice



Made With  
Organic Ingredients

# Wellesley Middle School

Welcome to our  
Lunch Cafe

3/30/2020 - 3/31/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Italian Combo Sandwich  
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato

Romeo Sandwich  
salami, ham and fresh mozzarella with lettuce and tomato   
Chicken Salad Wrap

**Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps**



Nachos with Cheese  
creamy cheese layered over a bed of nachos   
Black Beans

Crispy Tacos  
homemade spicy taco meat inside a crispy taco shell topped with cheese   
Black Beans

**Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried**



Homemade Mac & Cheese  
pasta in cheese sauce, garnished with parsley   
Beef and Tomato Macaroni Casserole   
Sautéed Vegetable Medley

Homemade Shepherd's Pie  
seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy



Chicken Nuggets  
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

Barbecue Rib Sandwich  
warm BBQ rib patty on a bun prepared in-house

**Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken**



Pepper & Onion Pizza  
freshly made pizza dough topped with marinara sauce, mozzarella and sautéed peppers and onions

Homemade Ham Pepperoni and Cheese Stromboli  
ham, pepperoni and melted cheese wrapped in a pizza dough   
Personal Pan Cheese

**Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough**



Cobb Salad  
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg   
Greek Salad  
romaine lettuce with

Cobb Salad  
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg   
Greek Salad  
romaine lettuce with

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side  
Homemade Lite Veggie Pasta Salad  
Homemade pasta with carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side  
Homemade Lite Veggie Pasta Salad  
Homemade pasta with carrots, corn, onions, red

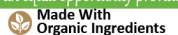
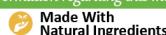


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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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# Wellesley High School

Welcome to our  
Lunch Cafe

3/2/2020 - 3/6/2020

**MEATLESS MONDAY**

**Monday**



**Tuesday**



**Wednesday**

**Thursday**


**Friday**





Hawaiian Pizza  
ham and pineapple  
chunks over a cheese  
pizza slice  

Ham and Cheese  
Calzone  

**SCHOOL  
CLOSED  
TODAY**


Hand Crafted Three  
Cheese Pizza  
fresh dough layered with  
sauce, topped with  
ricotta, mozzarella, and  
Parmesan cheeses 


Pepper & Onion Pizza  
freshly made pizza dough  
topped with marinara  
sauce, mozzarella and  
sauteed peppers and  
onions  

**Available Daily: Cheese Pizza, Pepperoni Pizza and vegetable pizza all featuring whole grain rich pizza dough**




Fiesta Taco Salad  
homemade crunchy  
tortilla bowl filled with  
fiesta style beef, crisp  
cucumbers, tomatoes,  
lettuce and shredded  
cheddar cheese 


Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese  



Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce 

Mission Burrito  
authentic fiesta style  
meat topped with sour  
cream, beans, seasoned  
rice, shredded cheese  
and crisp lettuce inside a  
soft tortilla shell

**Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried** 



American Combo  
Sandwich  
freshly made sandwich  
with thinly sliced turkey,  
ham and cheese 

Turkey Ranch Wrap  
turkey breast with lettuce,  
tomato and ranch on a  
wrap 


Italian Combo  
Sandwich  
freshly sliced ham,  
salami, and cheese on a  
roll topped with crisp  
lettuce and tomato 

Roast Beef Sandwich  
freshly made sandwich  
with thinly sliced roast  
beef

**Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps**



Homemade Pasta &  
Meatballs  
freshly baked meatballs  
with tomato sauce over  
pasta    
Green Beans  
Dinner Rolls

Sloppy Joe on a Bun  
homemade sloppy joe  
served on a soft bun   
Sweet Potato Fries  
Mixed Vegetables

Baked Plantains  
Maduros    
Beans & Rice   
Three Vegetable  
Medley  
Jamaican Jerk  
Chicken 

Seared Dumplings  
stuffed dumplings perfect  
for dipping in your  
favorite Asian sauce   
Vegetable Egg Roll  
Vegetable Fried Rice



Hot Pressed Cuban  
Sandwich Melt  
a traditional cuban  
sandwich piled with  
sliced pork loin, ham and  
cheese and hot pressed  
 








Double Bacon Burger  
two juicy all beef patties  
topped with crisp bacon,  
cheese, on a soft bun







Barbecue Rib  
Sandwich  
warm BBQ rib patty on a  
bun prepared in-house  








Fish Patty Melt  
Sandwich  
crispy breaded Pollock  
topped with melted  
cheese served on a warm  
roll







**Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken**



Greek Salad  
romaine lettuce with  
cucumbers, tomatoes,  
feta cheese, black olives  
and red onions    
Chef Salad    
Fruity Parfait   

Greek Salad  
romaine lettuce with  
cucumbers, tomatoes,  
feta cheese, black olives  
and red onions    
Chef Salad    
Fruity Parfait  

Greek Salad  
romaine lettuce with  
cucumbers, tomatoes,  
feta cheese, black olives  
and red onions    
Chef Salad    
Fruity Parfait  

Greek Salad  
romaine lettuce with  
cucumbers, tomatoes,  
feta cheese, black olives  
and red onions    
Chef Salad    
Fruity Parfait  

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite Veggie  
Pasta Salad  
Garden Salad

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite Veggie  
Pasta Salad  
Garden Salad

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Garden Salad  
Homemade Lite Veggie  
Pasta Salad

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Garden Salad  
Homemade Lite Veggie  
Pasta Salad



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# Wellesley High School

Welcome to our  
Lunch Cafe

3/9/2020 - 3/13/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Margherita Pizza  
freshly prepared dough  
lightly brushed with garlic  
and oil, topped with  
tomato sauce, mozzarella  
cheese, fresh tomatoes  
and basil

Meatball Pizza  
cheese pizza topped with  
sliced meatball

Homemade Chicken  
Cordon Blue Calzone  
garlic toasted whole grain  
calzone filled with  
chicken, ham, ricotta and  
melted cheeses

Hand Crafted Buffalo  
Chicken Pizza  
fresh dough layered with  
sauce, topped with  
cheese and Buffalo  
chicken pieces and  
baked until crisp

Pepper & Onion Pizza  
freshly made pizza dough  
topped with marinara  
sauce, mozzarella and  
sauteed peppers and  
onions

**Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough**



Mission Burrito  
authentic fiesta style  
meat topped with sour  
cream, beans, seasoned  
rice, shredded cheese  
and crisp lettuce inside a  
soft tortilla shell

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese

Fiesta Taco Salad  
homemade crunchy  
tortilla bowl filled with  
fiesta style beef, crisp  
cucumbers, tomatoes,  
lettuce and shredded  
cheddar cheese

Cheese Quesadilla  
freshly grilled flour tortilla  
with melted cheese

Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce

**Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried**



Italian Combo  
Sandwich  
freshly sliced ham,  
salami, and cheese on a  
roll topped with crisp  
lettuce and tomato

Romeo Sandwich  
salami, ham and fresh  
mozzarella with lettuce  
and tomato

Turkey Ranch Wrap  
turkey breast with lettuce,  
tomato and ranch on a  
wrap

American Beauty  
freshly made sandwich  
with thinly sliced turkey  
and cheese, crispy  
lettuce and tomato

Roast Beef Sandwich  
freshly made sandwich  
with thinly sliced roast  
beef

**Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps**



Homemade Mac &  
Cheese  
pasta in cheese sauce,  
garnished with parsley  
Roasted Mixed  
Veggies

Philly Cheese Steak  
thinly sliced beef topped  
with sauteed peppers,  
onions and melted  
cheese on a lightly  
toasted bun prepared in-  
house  
Baked Potato Wedges

Baked Chicken  
Tenders  
crispy chicken tenders  
perfect for dipping in your  
favorite sauce  
Brown Rice Pilaf  
Mixed Vegetables

Whole Grain Waffles  
with Sausage  
light and crispy waffles  
served with a sausage  
patty  
Crispy Potato Puffs

Tangerine Dream  
Chicken Rice Bowl  
Bowl with breaded  
chicken in tangerine  
sauce, brown rice,  
broccoli, carrots, and red  
peppers



Grilled Cheese  
Sandwich  
golden toasted bread with  
melted gooey cheese  
pressed and prepared in-  
house  
Oven Baked Fries

The Harvest Classic  
freshly prepared tortilla  
wrap with thinly sliced  
ham, mozzarella cheese,  
tossed greens and juicy  
tomatoes  
Oven Baked Fries

Teriyaki Chicken Wrap  
tender Teriyaki chicken  
breast, lettuce, tomato  
and mayo on a whole  
wheat wrap

Homemade New  
England Fish & Chips  
tender cod filets, battered  
& fried, served with fries  
& honey vinegar dipping  
sauce  
Oven Baked Fries

Chicken Nuggets  
crispy breaded chicken  
nuggets perfect for  
dipping in your favorite  
sauce  
Oven Baked Fries

**Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken**



Chef Salad  
fresh lettuce topped with  
sliced deli meats and  
cheeses  
Fruity Parfait  
Greek Salad

Chef Salad  
fresh lettuce topped with  
sliced deli meats and  
cheeses  
Fruity Parfait  
Greek Salad

Chef Salad  
fresh lettuce topped with  
sliced deli meats and  
cheeses  
Fruity Parfait  
Greek Salad

Chef Salad  
fresh lettuce topped with  
sliced deli meats and  
cheeses  
Fruity Parfait  
Greek Salad

Chef Salad  
fresh lettuce topped with  
sliced deli meats and  
cheeses  
Fruity Parfait  
Greek Salad

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red  
and green peppers  
tossed in light italian  
dressing  
Garden Salad  
Caesar Salad

Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red  
and green peppers  
tossed in light italian  
dressing  
Garden Salad  
Caesar Salad

Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red  
and green peppers  
tossed in light italian  
dressing  
Garden Salad  
Caesar Salad

Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red  
and green peppers  
tossed in light italian  
dressing  
Garden Salad  
Caesar Salad

Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red  
and green peppers  
tossed in light italian  
dressing  
Garden Salad  
Caesar Salad



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# Wellesley High School

Welcome to our  
Lunch Cafe

3/16/2020 - 3/20/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Fresh Basil & Red Pepper Pizza  
freshly prepared pizza dough lightly brushed with garlic and oil topped with melted mozzarella cheese, roasted peppers

Hawaiian Pizza  
ham and pineapple chunks over a cheese pizza slice

Homemade Chicken Parmesan Calzone  
freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella &

Hand Crafted Three Cheese Pizza  
fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses

Meat Lovers Pizza  
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball

**Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough**



Fiesta Taco Salad  
homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese

Crispy Tacos  
homemade spicy taco meat inside a crispy taco shell topped with cheese

Nachos Grande  
tortilla chips topped with freshly prepared mexi style meat and cheese sauce

Mission Burrito  
authentic fiesta style meat topped with sour cream, beans, seasoned rice, shredded cheese and crisp lettuce inside a soft tortilla shell

Ranch & Chicken Quesadilla  
homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla

**Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried**



American Beauty  
freshly made sandwich with thinly sliced turkey and cheese, crisp lettuce and tomato

Italian Combo Sandwich  
freshly sliced ham, salami, and cheese on a roll topped with crisp lettuce and tomato

Turkey BLT Sandwich  
freshly made sandwich prepared in-house with thinly sliced turkey breast, crispy bacon, fresh lettuce and tomato slices

Tuna Salad Sandwich  
freshly made sandwich topped with creamy tuna salad

Roast Beef Wrap  
thinly sliced roast beef with lettuce and tomato  
Provolone Cheese

**Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps**



Chicken Parmesan Over Pasta  
oven baked chicken topped with sauce and melted cheese, all over pasta  
Green Beans  
Dinner Rolls

Sausage & Peppers  
sweet Italian sausage with sauteed red & green peppers and onions in our homemade tomato sauce

Homemade Shepherd's Pie  
seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy

Whole Grain Waffles with Sausage  
light and crispy waffles served with a sausage patty  
Sauteed Cinnamon Apple Slices

Roasted Chicken Ramen Bowl  
noodles topped with corn, mushrooms, carrots, radishes, snow peas and bok choy flavored with a ramen broth



Mozzarella Sticks  
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce

Chicken Nuggets  
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

Double Bacon Burger  
two juicy all beef patties topped with crisp bacon, cheese, on a soft bun

Baked Chicken Tenders  
crispy chicken tenders perfect for dipping in your favorite sauce

Barbecue Rib Sandwich  
warm BBQ rib patty on a bun prepared in-house

**Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken**



Fruity Parfait  
vanilla yogurt topped with strawberries, blueberries, and crunchy granola  
Greek Salad  
Chicken Caesar Wraps

Fruity Parfait  
vanilla yogurt topped with strawberries, blueberries, and crunchy granola  
Greek Salad  
Chef Salad

Fruity Parfait  
vanilla yogurt topped with strawberries, blueberries, and crunchy granola  
Greek Salad  
Chef Salad

Fruity Parfait  
vanilla yogurt topped with strawberries, blueberries, and crunchy granola  
Greek Salad  
Chef Salad

Fruity Parfait  
vanilla yogurt topped with strawberries, blueberries, and crunchy granola  
Greek Salad  
Chef Salad

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



Garden Salad  
Homemade Lite Veggie Pasta Salad  
Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side

Garden Salad  
Homemade Lite Veggie Pasta Salad  
Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side

Garden Salad  
Homemade Lite Veggie Pasta Salad  
Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side

Garden Salad  
Homemade Lite Veggie Pasta Salad  
Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side

Garden Salad  
Homemade Lite Veggie Pasta Salad  
Caesar Salad  
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side

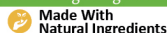


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# Wellesley High School

Welcome to our  
Lunch Cafe

3/23/2020 - 3/27/2020

**MEATLESS MONDAY**

**Monday**



**Tuesday**

**Wednesday**


**Thursday**

**Friday**




Hawaiian Pizza  
ham and pineapple  
chunks over a cheese  
pizza slice  

Fresh Basil & Red  
Pepper Pizza  
freshly prepared pizza  
dough lightly brushed  
with garlic and oil topped  
with melted mozzarella  
cheese, roasted peppers


Hand Crafted Buffalo  
Chicken Pizza  
fresh dough layered with  
sauce, topped with  
cheese and Buffalo  
chicken pieces and  
baked until crisp 


Homemade Salami  
Ham & Cheese  
Stromboli  
ham, salami and melted  
cheese wrapped in a  
pizza dough  


Chicken Fajita Pizza  
cheesy pizza slice topped  
with fajita chicken, onions  
and peppers 


**Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough**



Fiesta Taco Salad  
homemade crunchy  
tortilla bowl filled with  
fiesta style beef, crisp  
cucumbers, tomatoes,  
lettuce and shredded  
cheddar cheese 

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese  




Nachos Grande  
tortilla chips topped with  
freshly prepared mexi  
style meat and cheese  
sauce 


Mission Burrito  
authentic fiesta style  
meat topped with sour  
cream, beans, seasoned  
rice, shredded cheese  
and crisp lettuce inside a  
soft tortilla shell 

Fiesta Taco Salad  
homemade crunchy  
tortilla bowl filled with  
fiesta style beef, crisp  
cucumbers, tomatoes,  
lettuce and shredded  
cheddar cheese 



**Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried**




Italian Combo Wrap  
salami, bologna and ham  
on a wrap with lettuce  
and tomato  

Turkey Club Wrap  
turkey breast, bacon,  
chopped romaine lettuce  
and tomato, wrapped in a  
tortilla 

Roast Beef Sandwich  
freshly made sandwich  
with thinly sliced roast  
beef


Egg Salad Sandwich  
freshly made sandwich  
with house prepared egg  
salad  


American Beauty  
freshly made sandwich  
with thinly sliced turkey  
and cheese, crispy  
lettuce and tomato 


**Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps**



Homemade Pasta &  
Meat Sauce  
freshly cooked  
homemade pasta with  
meat sauce    
Green Beans  
Dinner Rolls

Philly Cheese Steak  
thinly sliced beef topped  
with sauteed peppers,  
onions and melted  
cheese on a lightly  
toasted bun prepared in-  
house 


Chicken Bowl with  
Gravy  
popcorn chicken layered  
with mashed potatoes  
and corn, smothered in  
gravy 

Roast Pork Loin  
pork loin rubbed with  
spices and roasted   
  
Roasted Parmesan  
Butternut Squash  
Green Beans


Crispy Chicken  
Drumstick  
tender chicken drumstick  
breaded and baked until  
crispy  
Fluffy Mashed  
Potatoes  
Sweet Corn



BLT Sandwich with  
Turkey and Cheese  
crispy bacon, thin sliced  
turkey and melted cheese  
topped with lettuce and  
tomato on toasted bread  


Sausage Onions &  
Peppers Sandwich  
Italian sausage sandwich  
topped with sauteed  
onions and peppers 






Chicken Parmesan  
Sandwich  
warm chicken patty  
smothered in tomato  
sauce, topped with  
melted cheese  
assembled in-house on a






Barbecue Rib  
Sandwich  
warm BBQ rib patty on a  
bun prepared in-house  







Buffalo Chicken  
Sandwich  
warm sandwich prepared  
in-house with spicy  
marinated chicken breast,  
crisp lettuce and sliced  
tomato 






**Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken**








Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg    
Fruity Parfait     
Chicken Caesar Wrap

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg    
Fruity Parfait   

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg    
Fruity Parfait   

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg    
Fruity Parfait   

Cobb Salad  
fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg    
Fruity Parfait   

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

Caesar Salad  
fresh romaine lettuce  
topped with parmesan  
cheese and Caesar  
dressing on the side  
Homemade Lite  
Veggie Pasta Salad  
Homemade pasta with  
carrots, corn, onions, red

WHITSON'S  
School Nutrition


**SIMPLY ROOTED**  
in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at [www.whitsons.com](http://www.whitsons.com).

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.  
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.  
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice


\*\*\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.

 Vegetarian

 Made With  
Natural Ingredients

 Pork

 Smart  
Choice

 Made With  
Organic Ingredients



# Wellesley High School

Welcome to our  
Lunch Cafe

3/30/2020 - 3/31/2020

**MEATLESS MONDAY**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Margherita Pizza  
freshly prepared dough  
lightly brushed with garlic  
and oil, topped with  
tomato sauce, mozzarella  
cheese, fresh tomatoes  
and basil 🌱 🍅

Meat Lovers Pizza  
freshly made pizza  
topped with mozzarella  
cheese, sausage,  
pepperoni and meatball  
P 🍅

**Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough**



Fiesta Taco Salad  
homemade crunchy  
tortilla bowl filled with  
fiesta style beef, crisp  
cucumbers, tomatoes,  
lettuce and shredded  
cheddar cheese 🍅

Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese  
🍅

**Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried**



American Beauty  
freshly made sandwich  
with thinly sliced turkey  
and cheese, crispy  
lettuce and tomato 🍅

Tuna Salad Wrap\*  
fresh chunky tuna salad  
with field greens and  
tomatoes served in a  
wrap 🍅

**Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps**



Homemade Chicken &  
Broccoli Alfredo  
grilled chicken and  
broccoli florets tossed in  
a creamy sauce over  
tender pasta 🍅 🍅  
Dinner Rolls

The Works Hot Dog  
hot dog on a bun with  
mustard, sauerkraut,  
jalapenos, onions and  
relish 🍅



Grilled Cheese  
Sandwich  
golden toasted bread with  
melted gooey cheese  
pressed and prepared in-  
house 🌱

Barbecue Rib  
Sandwich  
warm BBQ rib patty on a  
bun prepared in-house

**Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken**



Fruity Parfait  
vanilla yogurt topped with  
strawberries, blueberries,  
and crunchy granola 🌱

Fruity Parfait  
vanilla yogurt topped with  
strawberries, blueberries,  
and crunchy granola 🌱

Greek Salad 🌱 🍅  
Chef Salad 🍅

Greek Salad 🌱 🍅  
Chef Salad 🍅

**Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk**



Garden Salad  
Caesar Salad  
Homemade Lite  
Veggie Pasta Salad

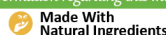
Garden Salad  
Caesar Salad  
Homemade Lite  
Veggie Pasta Salad

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At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.  
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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# Welcome to our Breakfast Cafe at... Wellesley Middle School

**March**  
2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Homemade Muffins 🍌</p> <p>Fresh Bagel 🍌</p> <p>Turkey Bacon Sausage Patty</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>3 Fresh Bagel 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>4 Fresh Bagel 🍌</p> <p>Fluffy Whole Grain Pancakes</p> <p><i>warm whole grain pancakes</i> 🍌</p> <p>Or Fluffy Whole Grain Waffles 🍌</p> <p>Hash Brown Potatoes</p> <p>Bacon</p> <p>Sausage Patty</p> <p>Fresh Fruit Cup</p>	<p>5 Fresh Bagel 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>6 Fresh Bagel 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>
<p>9 Homemade Muffins 🍌</p> <p>Fresh Bagel 🍌</p> <p>Turkey Bacon Sausage Patty</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>10 Fresh Bagel 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>11 Fresh Bagel 🍌</p> <p>Fluffy Whole Grain Pancakes</p> <p><i>warm whole grain pancakes</i> 🍌</p> <p>Or Fluffy Whole Grain Waffles 🍌</p> <p>Hash Brown Potatoes</p> <p>Bacon</p> <p>Sausage Patty</p> <p>Fresh Fruit Cup</p>	<p>12 Fresh Bagel 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>13 Fresh Bagel 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Homemade French Toast</p> <p><i>slices of bread coated in an egg batter, with cinnamon and vanilla.</i> 🍌 🍌</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Bacon</p>
<p>16 Homemade Muffins 🍌</p> <p>Fresh Bagel 🍌</p> <p>Turkey Bacon Sausage Patty</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>17 Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p> <p>Whole Wheat English Muffin 🍌</p>	<p>18 Fresh Bagel 🍌</p> <p>Fluffy Whole Grain Pancakes</p> <p><i>warm whole grain pancakes</i> 🍌</p> <p>Or Fluffy Whole Grain Waffles 🍌</p> <p>Bacon</p> <p>Sausage Patty</p> <p>Fresh Fruit Cup</p> <p>Hash Brown Potatoes</p>	<p>19 Fresh Bagel 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>20 Fresh Bagel 🍌</p> <p>Fluffy Whole Grain Pancakes</p> <p><i>warm whole grain pancakes</i> 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Or Fluffy Whole Grain Waffles 🍌</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Bacon</p>
<p>23 Homemade Muffins 🍌</p> <p>Fresh Bagel 🍌</p> <p>Turkey Bacon Sausage Patty</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>24 Fresh Bagel 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>25 Fresh Bagel 🍌</p> <p>Fluffy Whole Grain Pancakes</p> <p>Fluffy Whole Grain Waffles 🍌</p> <p>Crispy Pork Sausage Links</p> <p>Hash Brown Potatoes</p> <p>Turkey Bacon</p> <p>Fresh Fruit Cup</p>	<p>26 Fresh Bagel 🍌</p> <p>Whole Wheat English Muffin 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>	<p>27 Fresh Bagel 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Homemade French Toast</p> <p><i>slices of bread coated in an egg batter, with cinnamon and vanilla.</i> 🍌 🍌</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Bacon</p>
<p>30 Fresh Bagel 🍌</p> <p>Fluffy Whole Grain Pancakes</p> <p><i>warm whole grain pancakes</i> 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Or Fluffy Whole Grain Waffles 🍌</p> <p>Sausage, Egg and Cheese Sandwich</p>	<p>31 Fresh Bagel 🍌</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sausage, Egg and Cheese Sandwich</p> <p>Hash Brown Potatoes</p> <p>Fresh Fruit Cup</p>			



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



**FUEL YOUR DAY  
THE RIGHT WAY.  
EAT A HEALTHY  
BREAKFAST!**



## Breakfast Prices

**Regular: \$1.50**

**Reduced:  
\$0.30**

**Breakfast is served in the**

## Available Daily

**Whole grain bagels w/ butter or low fat cream cheese**

**Assorted Yogurt - Cups and Parfaits**

**Assorted Muffins: Blueberry, Chocolate chip or Corn**

**Assorted Cereals: Cinnamon Crunch, Honey Nut Cheerios, Organic Ingredients**

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Always fully cook all meat. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.



# Welcome to our Breakfast Cafe at... Wellesley High School

**March**  
2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bacon, Egg and Cheese Breakfast Sandwich Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Hash Brown Potatoes	3 Scrambled Eggs Hash Brown Potatoes Scrambled Eggs with Cheese Homemade French Toast Turkey Bacon Crispy Pork Sausage Links	4 Bacon, Egg and Cheese Breakfast Sandwich Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Hash Brown Potatoes	5 Scrambled Eggs Hash Brown Potatoes Scrambled Eggs with Cheese Fluffy Whole Grain Waffles Turkey Bacon Crispy Pork Sausage Links	6 Bacon, Egg and Cheese Breakfast Sandwich Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Hash Brown Potatoes
9 Bacon, Egg and Cheese Breakfast Sandwich Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Hash Brown Potatoes	10 Scrambled Eggs Hash Brown Potatoes Scrambled Eggs with Cheese Fluffy Whole Grain Pancakes Turkey Bacon Crispy Pork Sausage Links	11 Bacon, Egg and Cheese Breakfast Sandwich Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Hash Brown Potatoes	12 Scrambled Eggs Hash Brown Potatoes Scrambled Eggs with Cheese Homemade French Toast Turkey Bacon Crispy Pork Sausage Links	13 Bacon, Egg and Cheese Breakfast Sandwich Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Hash Brown Potatoes
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23 Bacon, Egg and Cheese Breakfast Sandwich Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Hash Brown Potatoes	24 Scrambled Eggs Hash Brown Potatoes Scrambled Eggs with Cheese Homemade French Toast Turkey Bacon Crispy Pork Sausage Links	25 Bacon, Egg and Cheese Breakfast Sandwich Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Hash Brown Potatoes	26 Scrambled Eggs Hash Brown Potatoes Scrambled Eggs with Cheese Fluffy Whole Grain Waffles Turkey Bacon Crispy Pork Sausage Links	27 Bacon, Egg and Cheese Breakfast Sandwich Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Hash Brown Potatoes
30 Bacon, Egg and Cheese Breakfast Sandwich Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Hash Brown Potatoes	31 Scrambled Eggs Hash Brown Potatoes Scrambled Eggs with Cheese Fluffy Whole Grain Pancakes Turkey Bacon Crispy Pork Sausage Links			



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## Breakfast Prices

Regular: \$1.50  
Premium \$2.50  
Reduced: \$0.30  
Adult Price \$1.50 to \$2.50

## Available Daily

Whole grain bagels w/ butter or low fat cream cheese  
Assorted Yogurt - Cups and Parfaits  
Assorted Muffins: Blueberry, Chocolate chip or Corn

Breakfast is served in the cafe between the hours of



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