

School menu

Written by Holyoke Enterprise

Sept. 17-21

Elementary Breakfast

Monday, Sept. 17: Pancakes with syrup or cereal choice with yogurt, fruit cocktail, milk.

Tuesday, Sept. 18: Breakfast burrito or bagel with toppings, peaches, milk, juice.

Wednesday, Sept. 19: Biscuit with sausage gravy or fruit muffin choice, pears, milk.

Thursday, Sept. 20: Breakfast burrito or cereal choice with string cheese, mixed fruit, milk, juice.

Friday, Sept. 21: Sausage and cheese muffin or fruit muffin choice, apricots, milk.

Elementary Lunch

Monday, Sept. 17: Beef taco on a whole grain tortilla, oven-baked fries, fruit and veggie bar, milk.

Tuesday, Sept. 18: Baked ziti with cheese, whole grain garlic bread, seasoned green beans, fruit and veggie bar, milk.

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Wednesday, Sept. 19: Hamburger on a whole grain bun, seasoned mixed vegetables, fruit and veggie bar, milk.

Thursday, Sept. 20: Diced chicken in gravy, dinner roll, mashed potatoes, fruit and veggie bar, milk.

Friday, Sept. 21: Turkey hot dog twist, herb broccoli and cauliflower, fruit and veggie bar, milk.

JR/SR High Breakfast

Everyday breakfast options: Breakfast burrito, breakfast bar with cheese stick, cereal choice with cheese stick or muffin/bagel of the day, milk, juice (Tuesday and Thursday only).

JR/SR High Lunch

Monday, Sept. 17: Beef taco, oven-baked fries, fruit and veggie bar, milk.

Tuesday, Sept. 18: Baked ziti, whole grain garlic bread, seasoned green beans, fruit and veggie bar, milk.

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Wednesday, Sept. 19: Cajun chicken breast, brown rice, seasoned mixed vegetables, fruit and veggie bar, milk.

Thursday, Sept. 20: Diced chicken in gravy, dinner roll, mashed potatoes, fruit and veggie bar, milk.

Friday, Sept. 21: Hot dog with a twist, herbed broccoli and cauliflower, fruit and veggie bar, milk.

Holyoke Enterprise September 13, 2012