



# Weston Intermediate School – April 2024

Hot Lunch Price: \$3.05 (includes hand fruit and choice of hormone free milk or small bottled water)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Tenders- Oven Baked Breaded Chicken Tenders Roasted Brussel Sprouts Oven Baked Fries add \$1.25	<b>2</b>	<b>3</b> Barilla Pasta Bar- Choice of: Non GMO-Marinara, Bolognese or Butter Fresh Seasoned Green Beans	<b>4</b> Pigs in a Blanket- Hot Dogs Baked in Dough Classic BBQ Baked Beans Natural Ketchup Oven Baked Fries add \$1.25	<b>5</b> Classic Cheese Pizza- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Add Pepperoni \$.60 Fresh Seasoned Broccoli
<b>8</b> BBQ Chicken Bowl- Boneless BBQ Popcorn Chicken Steamed White Rice Garbanzo & Cucumber Salad	<b>9</b> Breakfast for Lunch- Buttermilk Pancakes- Breakfast Sausage Small Batch Blueberry Sauce Butter & Breakfast Syrup Side Hash Brown- add \$1.25	<b>10</b> Barilla Pasta Bar- Choice of: Non GMO-Marinara, Bolognese or Butter Fresh Seasoned Green Beans	<b>11</b> Nachos- Seasoned Beef Shredded Natural Cheese Crispy Corn Tortilla Chips Salsa & Sour Cream	<b>12</b> Pizza Dunkers- Soft Italian Garlic Bread Sticks Melted Natural Mozzarella Pizza Dipping Sauce Add Pepperoni \$.60 Fresh Seasoned Broccoli
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>22</b> Chicken Tenders- Oven Baked Breaded Chicken Tenders Roasted Cauliflower Oven Baked Fries add \$1.25	<b>23</b> Breakfast for Lunch- Classic Waffles Breakfast Sausage Small Batch Strawberry Sauce Butter & Breakfast Syrup Side Hash Brown- add \$1.25	<b>24</b> Barilla Pasta Bar- Choice of: Non GMO-Marinara, Bolognese or Butter Fresh Seasoned Green Beans	<b>25</b> Hamburger- All Beef Hamburger Romaine Lettuce, Pickles Bacon add \$1.25 Cheddar Cheese add \$.80 Oven Baked Fries add \$1.25	<b>26</b> Classic Cheese Pizza- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Add Pepperoni \$.60 Fresh Seasoned Broccoli
<b>29</b> BBQ Chicken Bowl- Boneless BBQ Popcorn Chicken Steamed White Rice Garbanzo & Cucumber Salad	<b>30</b> Breakfast for Lunch- French Toast- Breakfast Sausage Butter & Breakfast Syrup Side Hash Brown- add \$1.25	<b>A Passover Lunch Box will be available April 23 through April 30 (includes Matzah, Cheese Cubes, Peeled Hard Cooked Egg, Fruit and Veggies)</b>		

## Daily Alternate - Cold Lunch Sandwiches

(Sandwiches include hand fruit and choice of hormone free milk or small bottled water, \$4.50)

Boars Head Turkey with Natural Cheddar Cheese Sandwich

Fresh Mozzarella & Tomato Sandwich

Sun Butter and Organic Non-GMO Grape Jelly Sandwich

## Daily a la carte offerings

(hand fruit and milk/water are **NOT** included with these items)

Bagel with Cream Cheese \$2.10

Marinated Sliced Grilled Chicken \$1.50

Fresh Cut Fruit Salad \$2.10

Cheese, Fresh Grapes and Non-GMO Cracker Cups \$3.00

Cereal Bowls \$1.25

Au Bon Pain Assorted Soup \$3.00 (seasonal) (Non-GMO oyster crackers \$0.50)

Salad Bar \$.59/oz.

Shredded Cheddar Cheese Cup \$.80

Assorted Whole Hand Fruit \$1.00

Stonyfield Organic Yogurt Parfait with Nut Free Non-GMO Granola \$2.95

GoGo Squeez Non-GMO 100% Fruit & Apple Sauce Pouch \$1.75

## Beverages

### Dairy

(All Hormone Free) 2% White Milk or Skim Chocolate Milk \$0.90

Horizon Organic Low Fat Milk Box (chocolate) \$2.40

Stonyfield Organic Yogurt and Fruit Smoothie \$1.60

### Water

Small Bottled Water \$0.80 – Large Bottled Water \$1.60 –Hint \$1.15

### Dairy Alternative

Silk Soy Milk (chocolate) \$2.40

### Fruit Juice

100% Apple Juice \$1.25

100% Orange Juice \$1.25

Sparkling Juice \$1.75

## Snacks

Assorted Baked Lays \$1.25

Rold Gold Pretzels \$1.25

Assorted Sun Chips \$1.25

Kettle Brand Potato Chips (non GMO) \$2.25

Pirates Booty (non GMO) \$1.35

Good Health Veggie Straws (non GMO) \$1.70

Reduced Fat Doritos \$1.25

Assorted Stacy's Pita Chips \$1.70

Whole Grain Scooby Cinnamon Sticks \$1.10

Assorted Fresh Baked Cookie \$.80

Whole Grain Muffin \$1.25

Chocolate Pudding \*gf \$1.60

Blueberry Lemon Grahams \$.80

Fig Newtons \$.80

## **DID YOU KNOW?**

Our eggs are cage free

We use ingredients that are free from high fructose corn syrup

We do not deep fat fry

Our deli meats are Boars Head Brand

We use regional farmers for fruits and vegetables (seasonally available)

Our chicken is raised with restricted antibiotic protocols

We use only natural cheeses in our kitchens

We do not use ingredients containing hydrogenated oils

Our meats are “whole muscle”

Our milk is hormone free

Our fruit juices are 100% juice

## **Parents of Students with Allergies**

Please contact us at [foodservices@westonps.org](mailto:foodservices@westonps.org) with questions regarding menu items and ingredients so we may provide your child with safe lunch choices.

## **Parental Controls**

We understand that parents may want to limit their child’s privileges to certain items available in the cafeteria. For more information about this service, please contact us at [foodservices@westonps.org](mailto:foodservices@westonps.org)