

Winthrop High/Middle School

MAY 2023

LUNCH FOR YOU

Bright Colors...Big Flavors...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 BBQ Chicken Drumsticks Vegetarian Beans Sweet Baby Carrots	2 Spicy Beef/Bean Rice Bowl Sweet Corn Grape Shaped Tomatoes	3 Early Release Day Lunches available In the Cafeteria At Dismissal	4 BBQ Pork Rib Sandwich Broccoli Florets Crisp Cucumbers	8 Fish Filet Sandwich Homemade Coleslaw Sweet Baby Carrots	MEALS ARE NO COST TO ALL STUDENTS Every meal comes complete with fresh fruit, fresh veggies, and milk. When possible, we will purchase locally and source out farm to table ingredients EVERYDAY OFFERINGS: Cheeseburgers Chicken Patty Fresh Salads Yogurt Parfaits Deli Bar Veggie Burgers Hummus Veggie Plates Cheese or Pepperoni Pizza Sun Butter & Jelly Sandwich 1% milk & Fat Free Chocolate milk offered daily
8 Beef Burrito Vegetarian Beans Sweet Baby Carrots	9 Top Your Own Baked Potato Bar Broccoli Florets Crunchy Celery	10 Breakfast for Lunch Sweet Corn Crisp Cucumbers	11 Popcorn Chicken Tater Tot Boat Dinner Roll Sweet Peas Grape Shaped	12 Chicken Fajitas Black Beans with Corn Sweet Baby Carrots	
15 Homemade Mac & Cheese Broccoli Florets Grape Shaped Tomatoes	16 Top Your Own Pasta Bar Mixed Veggies Sweet Baby Carrots	17 Breakfast for Lunch Sweet Corn Crisp Cucumbers	18 Top Your Own Burger Bar French Fries Crunchy Celery	19 Beef Nachos Vegetarian Beans Sweet Baby Carrots	
22 Popcorn Chicken Tater Tot Boat Dinner Roll Mixed Veggies Crisp Cucumbers	23 Chicken Quesadilla Vegetarian Beans Sweet Baby Carrots	24 Breakfast for Lunch Sweet Corn Grape Shaped Tomatoes	25 Baked Ziti Dinner Roll Sweet Carrots Crunchy Celery	26 Fish Filet Sandwich French Fries Sweet Baby Carrots	
29 MEMORIAL DAY NO SCHOOL	30 Top Your Own Burger Bar Sweet Baby Carrots French Fries	31 Breakfast for Lunch Sweet Corn Crisp Cucumbers	Look for this month's special CHIPOTLE CHICKPEA SUB		

BREAKFAST

A variety of whole grain entrées, (bagel/muffin/cereal bar/cereal/breakfast sandwiches) served with 1% milk and a variety of fresh fruit, 100% fruit juice and dried or cupped fruit.
FOOD SERVICE OFFICE 617-846-5505 X7210

Menus are subject to change without notice.



MENU SUBJECT TO CHANGE WITHOUT NOTICE
This institution is an equal opportunity provider.