



August 2025

WINTHROP PUBLIC SCHOOLS HS/MS LUNCH MENU

OFFERED EVERYDAY

Sun Butter & Jelly
Sandwich(V)
Bagel Lunch(V)
Hummus Plate
Fruit & Yogurt Parfait
FRESHLY MADE
Salads/Wraps
Burgers/Chicken Patty
Veggie Burger
Hummus&Falafel Wraps
DELI SANDWICHES

Make Your Own
RICE BOWLS
w/seasoned beef or
chicken
Top with
guacamole/cheese/salsa/
jalepeno/tomato/onion
lettuce/corn/
Lime crema

All Lunches
Must Include
Choice of:
Fruits and/or
Vegetable
And May
Include:
1% Low-Fat
Milk

**Powering
potential.**

MON	TUES	WED	THURS	FRI
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
WELOME BACK!		General Tso's Chicken Rice Broccoli Florets Baby Carrots	Meatball Parm Sub Green Beans Celery Sticks	NO SCHOOL

Menus are subject to change.



ENJOY FREE BREAKFAST EVERY DAY

Offering Whole Grain cereals/bagels/cereal bars/
Benefit Oat Bars/Breakfast Sandwiches/Donuts
Fresh Fruit & 100% Fruit Juice and choice of Milk

FOOD SERVICE OFFICE 617-846-5505 X7210
PLEASE CONTACT YOUR STUDENT'S SCHOOL
NURSE IF YOU HAVE AN ALLERGY CONCERNS

aramark
STUDENT
NUTRITION

This institution is an equal opportunity provider.



September 2025

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Wraps(V)
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w/seasoned beef or
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Top with
guacamole/cheese/
salsa
jalepeno/tomato/onion
lettuce/corn/
Lime crema

All Lunches Must Include

Choice of:
Fruits and/or
Vegetable
And May
Include:
1% Low-Fat
Milk or
Fat Free
Chocolate Milk

MON	TUES	WED	THURS	FRI
1 Labor Day No School	2 Top Your Own Burger Bar French Fries Cucumber Coins	3 Chicken Quesadilla Sour Cream & Salsa Vegetarian Beans Celery Sticks	4 Buffalo Chicken Flatbread Broccoli Florets Baby Carrots	5 French Toast & Chicken Sausage Sweet Corn Grape Tomatoes
8 Chicken Parm w/Penne Pasta Broccoli Florets Cucumber Coins	9 Chicken Fajitas Sour Cream & Salsa Carrots Grape Tomatoes	10 Breaded Chicken Drumstick Honey Biscuit Vegetarian Beans Baby Carrots	11 Beef Nachos Sour Cream & Salsa Green Beans Celery Sticks	12 French Toast Chicken Sausage Sweet Corn Baby Carrots
15 Beef Meatball Parm Sub Green Beans Baby Carrots	16 Chicken Fajita Flatbread Melt Broccoli Florets Grape Tomatoes	17 Popcorn Chicken Bowl Bread Stick Green Beans Baby Carrots	18 Turkey Nachos Sour Cream & Salsa Vegetarian Beans Crisp Cucumbers	19 Pancakes & Chicken Sausage Sweet Corn Celery Sticks
22 Beef Lasagna Dinner Roll Broccoli Florets Baby Carrots	23 Spicy Popcorn Chicken Bread Stick Vegetarian Beans Grape Tomatoes	24 EARLY RELEASE DAY Lunch available in the cafeteria	25 Baked Potato w/Beef Chili Dinner Roll Green Beans Baby Carrots	26 French Toast Chicken Sausage Sweet Corn Crisp Cucumbers
29 Chicken Tenders Bread Stick Vegetarian Beans Grape Tomatoes	30 Walking Chicken Taco/Fritos Sour Cream & Salsa Green Beans Baby Carrots			

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