

Nashua
Elementary
Schools



August/September Menus

This institution is an equal
opportunity provider.

AVAILABLE DAILY

Assorted Sandwiches on WG Bread
(Ham, Turkey, Tuna, SB & J)
Yogurt Lunch w/WG Bread
w/g = Whole Grain
* Indicates Soy
Cereal & Toast is w/g

Daily Salad Bar!
MENU IS SUBJECT TO CHANGE

Monday, August 26

Breakfast

Daily Choice: Cereal & Toast
w/g Bagel w/Cream Cheese
Fruit, 100% Juice, Milk

Lunch

Crispy Chicken Nuggets * w/
Dipping Sauce & w/g Dinner
Roll
Oven Baked French Fries
Salad Bar w/Carrots & Dip
Pears, Milk
Fresh Apple or 100% Juice

Tuesday, August 27

Breakfast

Daily Choice: Cereal & Toast
w/g Breakfast Bun
Fruit, 100% Juice, Milk

Lunch

Hot Dog on w/g Roll
Baked Beans
Sweet Golden Corn
Salad Bar
Peaches
100% Juice, Milk

Wednesday, August 28

Breakfast

Daily Choice: Cereal & Toast
Egg Patty & Cheese Sandwich
Fruit, 100% Juice, Milk

Lunch

Pasta & Meat Sauce* w/
Shredded Mozzarella Cheese
Salad Bar
Buttered Carrot Coins
Watermelon Slices
Milk

Thursday, August 29

Breakfast

Daily Choice: Cereal & Toast
w/g Cinnamon Crumb Cake
Fruit, 100% Juice, Milk

Lunch

All American Cheeseburger or
Hamburger on w/g Bun
Salad Bar
Oven Baked Cross Traxs Fries
Strawberry Cup
100% Juice, Milk

Friday, August 30



No School Today

Monday, September 2

Labor Day



No School Today

Tuesday, September 3

Breakfast

Daily Choice: Cereal & Toast
w/g Breakfast Bar
Fruit, 100% Juice, Milk

Lunch

Popcorn Chicken* w/Dipping
Sauce
Salad Bar
Savory Green Beans
Applesauce
100% Juice, Milk

Wednesday, September 4

Breakfast

Daily Choice: Cereal & Toast
w/g Mini Waffles
Fruit, 100% Juice, Milk

Lunch

Breakfast for Lunch ~
French Toast Sticks
Cheesy Scrambled Eggs
Tater Tots
Salad Bar w/Carrots & Dip
Banana, Milk

Thursday, September 5

Breakfast

Daily Choice: Cereal & Toast
Powerful Yogurt Parfait
Fruit, 100% Juice, Milk

Lunch

BBQ Pulled Pork Sliders
Oven Baked French Fries
Creamy Cole Slaw, Salad Bar
Pears
100% Juice, Milk
Ice Cream Treat

Friday, September 6

Breakfast

Daily Choice: Cereal & Toast
Cooks Choice
Fruit, 100% Juice, Milk

Lunch

Stuffed Crust Pizza*
Salad Bar w/Carrots & Dip
Tangy Broccoli Salad
Fruit Cocktail, Milk

Monday, September 9

Breakfast

Daily Choice: Cereal & Toast
w/g Chocolate Chip Muffin
Fruit, 100% Juice, Milk

Lunch

Meatless Monday ~
Mozzarella Cheese Sticks* w/
Marinara Sauce
Savory Green Beans
Salad Bar
Orange Smiles, Milk
Milk

Tuesday, September 10

Breakfast

Daily Choice: Cereal & Toast
w/g Cinnamon Crumb Cake
Fruit, 100% Juice, Milk

Lunch

Corn Dog On A stick
String Cheese
Bag of Baked Nacho Cheese
Doritos
Salad Bar w/Carrots & Dip
Pears, 100% Juice
Milk

Wednesday, September 11

Breakfast

Daily Choice: Cereal & Toast
w/g Maple Pancakes
Fruit, 100% Juice, Milk

Lunch

Tex-Mex Nachos ~ Seasoned
Beef* Cheese, Lettuce &
Tomato, Salsa
Refried Beans
Mexicali Corn
Salad Bar
Peaches, Milk

Thursday, September 12

Breakfast

Daily Choice: Cereal & Toast
Hot Oatmeal Bar
Fruit, 100% Juice, Milk

Lunch

Crispy Chicken Patty* on w/g
Bun
Mashed Potatoes & Gravy
Salad Bar w/Carrots & Dip
Fruit Cocktail
100% Juice, Milk

Friday, September 13

Breakfast

Daily Choice: Cereal & Toast
Egg Patty & Cheese Sandwich
Fruit, 100% Juice, Milk

Lunch

Cheese Pizza Wedge Slice*
Salad Bar W/ Cranberries
Marinated 3 Bean Salad
Assorted Fruit Choices
Milk

Monday, September 16

Breakfast
Daily Choice: Cereal & Toast
w/g Apple Muffin
Fruit, 100% Juice, Milk

Lunch
Oven Baked Chicken Nuggets*
w/g Dinner Roll
Salad Bar
Steamed Broccoli Trees
Fresh Apple
Milk

Tuesday, September 17

Breakfast
Daily Choice: Cereal & Toast
w/g Cinnamon Roll
Fruit, 100% Juice, Milk

Lunch
w/g Pancakes* w/Syrup
Sausage or String Cheese
Salad Bar w/Carrots & Dip
Oven Baked Fries
Cinnamon Applesauce or
100% Juice
Milk

Wednesday, September 18

Breakfast
Daily Choice: Cereal & Toast
w/g Bagel w/Cream Cheese
Fruit, 100% Juice, Milk

Lunch
Pasta & Meatballs* w/Cheese,
w/g Dinner Roll
Salad Bar
Savory Green Beans
Pears
Milk, Ice Cream

Thursday, September 19

Breakfast
Daily Choice: Cereal & Toast
w/g Blueberry Muffin
Fruit, 100% Juice, Milk

Lunch
Hot Dog on w/g Roll, Fresh
Baked Cookie*
Salad Bar w/Carrots & Dip
Baked Beans
Orange Wedges or 100% Juice
Milk

Friday, September 20

Breakfast
Daily Choice: Cereal & Toast
Cooks Choice
Fruit, 100% Juice, Milk

Lunch
Stuffed Crust Cheese Pizza*
Salad Bar
Tangy Broccoli Salad
Fresh Watermelon
Milk

Monday, September 23

Breakfast
Daily Choice: Cereal & Toast
w/g Breakfast Bar
Fruit, 100% Juice, Milk

Lunch
Toasted Cheese or Ham &
Cheese Sandwich
Sweet Potato Puffs, Salad Bar
Savory Green Beans
Pears, Milk
Milk

Tuesday, September 24

Breakfast
Daily Choice: Cereal & Toast
w/g Mini Waffles
Fruit, 100% Juice, Milk

Lunch
Chef's Choice
Assorted W/G Breads
Salad Bar W/Spinach
Assorted Hot Vegetables
Fruit Cocktail
100% Juice, Milk
Pears or 100% Juice

Wednesday, September 25

Breakfast
Daily Choice: Cereal & Toast
Egg Patty & Cheese Sandwich
Fruit, 100% Juice, Milk

Lunch
All American Cheeseburger or
Hamburger on w/g Bun
Salad Bar
Oven Baked French Fries
Pineapple Tidbits
Milk

Thursday, September 26

Breakfast
Daily Choice: Cereal & Toast
w/g Cinnamon Crumb Cake
Fruit, 100% Juice, Milk

Lunch
Fiesta Chicken Fajita
Shredded Cheese, Lettuce &
Tomato, Salsa, Refried Beans
Mexicali Corn
Salad Bar
Peaches, 100% Juice, Milk

Friday, September 27

Breakfast
Daily Choice: Cereal & Toast
w/g Assorted Muffins
Fruit, 100% Juice, Milk

Lunch
Cheese Pizza Favorites*
Salad Bar
Roasted Broccoli & Cauliflower
Assorted Fruits
Milk
Ice Cream Treat

DON'T 4 GET!

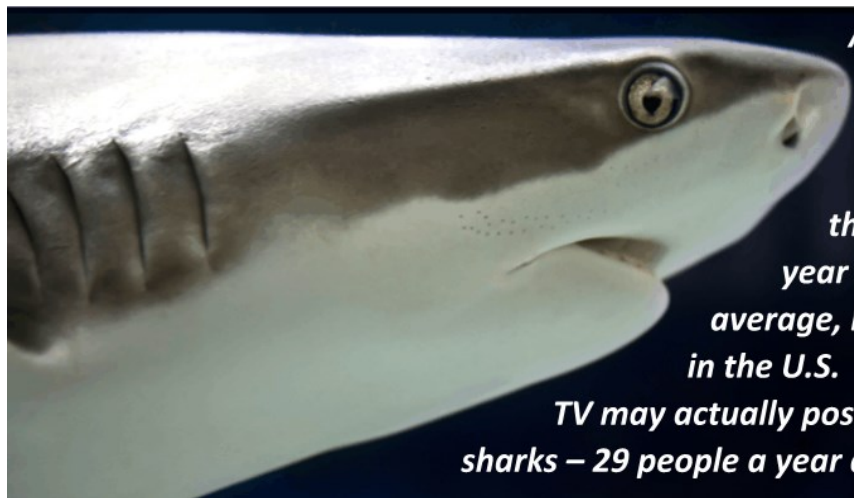
To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice **and 3-5 items total** **Vegetables**

NASHUA SCHOOL DISTRICT



Afraid of sharks? Of course you are! But how about pencils – afraid of them? Or candles? Stairs? Hot dogs? Balloons? Coconuts? All of these things kill more people every year than shark attacks, which cause, on average, less than one death every two years in the U.S. In fact, watching “Shark Week” on TV may actually pose more danger to you than actual sharks – 29 people a year are killed by falling television sets!

Still the best deal in town!

Breakfast Lunch

\$1.25 **\$2.55**

Get in touch with us today to learn more about free and reduced-price meals in our district:
603-966-1302 or burgessd@nashua.edu