



Hampton Falls Lunch Program Lincoln Akerman School February 2010



| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|---|--|---|--|--|
| 1 Baked Chicken Stovetop Stuffing/Corn Salad/Fruit/Veggie Bar Cranberry Juice JH/ALT- Ham & Cheese Melt | 2 Rotini w/plain or meat sauce Warm Garlic Roll Salad/Fruit/Veggie Bar Chocolate Pudding JH/ALT - Cheeseburger on a Bun | 3 Early Release French Toast Sticks or Cereal Sausage Links /Yogurt Mini Blueberry Muffin Assorted Cheese & Fruit Orange or Apple Juice | 4 Steamed Frank on a Bun Potato Wedges/Gr Beans Salad/Fruit/Veggie Bar Slice Apples JH/ALT- Fish Sticks | 5 Chicken Pattie on a Roll Potato Salad/Celery Sticks Salad/Fruit/Veggie Bar Fun Fruit Drops JH/ALT- Egg Salad Roll |
| 8 Macaroni & Cheese Dinner Roll/Steamed Broccoli Salad/Fruit/Veggie Bar Fresh Baked Cookie JH/ALT - Bagel Pizza | 9 Popcorn Chicken Bites Potato Rounds/Carrots Salad/Fruit/Veggie Bar Apple/Pear Crisp JH/ALT - Hamburger on Bun | 10 Grilled Cheese w/wo Tomato Chicken w/Rice Soup Salad/Fruit/Veggie Bar Ritz Crackers JH/ALT - PB & J Uncrustables | 11 Teriyaki Chicken Dippers Fluffy White Rice Salad/Fruit/Veggie Bar Fortune Cookie JH/AL - Cheese Quesadillas | 12 Domino's Pizza (Cheese or Pepperoni) Salad/Fruit/Veggie Bar Raspberry Sherbet JH/ALT - Turkey Bagel |
| 15 Hamburger or B.B.Q. Rib Sweet Potato Fries Salad/Fruit/Veggie Bar Watermelon Slice JH/ALT - Egg Salad Croissant | 16 Ziti w/plain or meat sauce Italian Bread Slice Salad/Fruit/Veggie Bar Vanilla Pudding JH/ALT - Meatball Sub | 17 Chicken Tenders Whipped Potatoes/Peas Salad/Fruit/Veggie Bar Apple Juice JH/ALT - Chicken Salad Roll | 18 Chicken Pot Pie/Bread Slice Cole Slaw/Carrot Sticks Salad/Fruit/Veggie Bar Homemade Cookie JH/ALT - Hot Dog on a Bun | 19 Grilled Cheese Sandwich Chicken Noodle Soup Salad/Fruit/Veggie Bar Saltine Crackers JH/ALT - Tuna on Pumpnickel |
| 18 _____ | 19 WINTER | 20 VACATION | 21 _____ | 22 _____ |

Menu subject to change without notice * P.B.&J. or 8oz Yogurt Available as an alternate * Milk served with all meals (lowfat chocolate milk available daily)

15 Lunches - \$37.50

This facility is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin.