



# Weston Intermediate School

December 2017

**Hot Lunch Price: \$3.05 (includes hand fruit and choice of hormone free milk or bottled water) (Qualifying Reduced Price \$0.40)**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**NEW TO THE HOT LUNCH MENU THIS MONTH!**

- Rainbow Cheese Tortellini
- Grilled Cheese Sandwich
- Fiesta Corn now being offered with Chicken Tender Lunch

**1**  
Classic Cheese Pizza-  
Non GMO- Tomato Sauce with  
Extra Virgin Olive Oil  
Natural Mozzarella Cheese  
Fresh Seasoned Broccoli

**4**  
Crispy Chicken Tenders-  
Fiesta Corn  
Sweet & Tangy BBQ Sauce

**5**  
French Toast-  
Cinnamon Sugar  
Challah French Toast Sticks  
Vanilla Cream Cheese Dip  
Oven Baked Potato Puffs

**6**  
Rainbow Cheese Tortellini-  
Enjoy Plain or with Tomato  
Cream Sauce  
Baby Peas and Sweet Onions

**7**  
Nachos-  
Seasoned Angus Beef  
Natural Cheddar Cheese Sauce  
Crispy Tortilla Chips  
Salsa

**8**  
Mini Pizza Bagel-  
Non GMO- Tomato Sauce with  
Extra Virgin Olive Oil  
Natural Mozzarella Cheese  
Fresh Seasoned Broccoli

**11**  
Crispy Chicken Tenders-  
Fiesta Corn  
Sweet & Tangy BBQ Sauce

**12**  
Organic Mini Waffles-  
Applegate Farms (Nitrate Free)  
Natural Breakfast Sausage  
Blueberry Sauce

**13**  
Barilla Pasta Bar-  
Choice of: White or Wheat  
Choice of: Non-GMO Tomato,  
Bolognese or Butter & Cheese  
Fresh Seasoned Green Beans

**14**  
Hot Dog-  
Hebrew National  
100% Kosher Beef Hot Dog  
Oven Baked Steak Fries  
Natural Ketchup

**15**  
Classic Cheese Pizza-  
Non GMO- Tomato Sauce with  
Extra Virgin Olive Oil  
Natural Mozzarella Cheese  
Fresh Seasoned Broccoli

**18**  
Crispy Chicken Tenders-  
Fiesta Corn  
Sweet & Tangy BBQ Sauce

**19**  
French Toast-  
Cinnamon Sugar  
Challah French Toast Sticks  
Vanilla Cream Cheese Dip  
Oven Baked Potato Puffs

**20**  
Rainbow Cheese Tortellini-  
Enjoy Plain or with Tomato  
Cream Sauce  
Baby Peas and Sweet Onions

**21**  
Grilled Cheese Sandwich-  
Natural Cheddar  
Sliced Bread  
Roasted Carrot "Fries"

**22**  
Mini Pizza Bagel-  
Non GMO- Tomato Sauce with  
Extra Virgin Olive Oil  
Natural Mozzarella Cheese  
Fresh Seasoned Broccoli

**25**

**26**

**27**

**28**

**29**

## Daily A la Carte Offerings

In addition to our hot prix fixe menu, we also offer the following daily a la carte items at this location.....

### Foods

Build your own Salad Bar \$0.46/ounce

Fresh Cut Fruit Salad Cup \$1.65

Cheese, Fresh Grapes and Cracker Cup \$2.85

Sun Butter and Organic Grape Jelly (non GMO) Sandwich \$2.50

Cereal Bowls (Gluten Free Cheerios or Reduced Sugar Apple Jacks) \$1.10

Siggi's Low Fat Yogurt Tubes (strawberry and blueberry) \$1.25

Bagel with Cream Cheese \$1.65

Assorted Grab & Go Boars Head Deli Sandwiches \$3.35

Mozzarella String Cheese \$0.65

Assorted Whole Fruit \$0.85

Stonyfield Organic Yogurt Parfait made with Nut Free Granola \$2.50

GoGo Squeez 100% Fruit, Apple Sauce Pouch \$1.50

Assorted Au Bon Pain Soups \$2.00 (non-GMO oyster crackers \$0.50)

Pudding Cup (Gluten Free) \$1.10

### Beverage List

#### Dairy

(All Hormone Free) 2% White Milk or Skim Chocolate Milk \$0.65

Horizon Organic Low Fat Milk Box (chocolate or vanilla) \$2.10

Stonyfield Organic Yogurt and Fruit Smoothie \$1.20

#### Dairy Alternative

Silk Soy Milk (vanilla or chocolate) \$1.75

#### 100% Fruit Juice

Apple & Eve Organic Apple Juice Box \$1.00

Tropicana Pure Premium Orange Juice \$1.25

Switch Sparkling Juice \$1.50

#### Water

Bottled Water \$0.65

## .....Prepackaged Snack Items.....

Assorted Baked Lays \$1.10

Rold Gold Pretzels \$1.00

Assorted Sun Chips \$1.10

Kettle Brand Potato Chips (non GMO) \$1.00

Smartfood Popcorn \$1.00

Snikiddy Baked Cheese Puffs (non GMO) \$1.25

Good Health Veggie Straws (non GMO) \$1.60

Reduced Fat Doritos \$1.10

Fresh Baked Whole Grain Chocolate Chip Cookie \$.60

Whole Grain Scooby Cinnamon Sticks \$1.00

Nature's Bakery Brownie (non GMO) \$1.50

Whole Grain Muffin \$1.00

## **DID YOU KNOW?**

We use 100% certified humane, antibiotic & hormone free Angus beef

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)

We use sustainably caught, dolphin safe tuna

Our chicken is raised with a restricted antibiotic protocol

We use only natural cheeses in our kitchens

We do not use ingredients containing hydrogenated oils

Our meats are “whole muscle,” non-processed

Our milk is hormone free

Our fruit juices are 100% juice

## **Parents of Students with Allergies**

Please note that our menu for the new school year (2017-2018) has many new items and ingredient sources. We ask that you contact us directly with questions regarding these new items and ingredients so we may continue to provide your child with safe lunch choices.

For families with newly diagnosed food allergies we ask that you contact us directly to discuss your child’s needs. We can create a customized eating plan for your child!

## **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 our offices (203) 291-1656 so we may discuss this option with you.

## The Culinary Services Program at Weston Public Schools

**Director of Culinary:** Andre Santelli, FMP

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(203) 515-0510

**Assistant Director of Culinary:** Nick Bilello

[nicholasbilello@westonps.org](mailto:nicholasbilello@westonps.org)

(203) 258-9319

### **Chefs de Cuisine:**

Hurlbutt Elementary School: Joe Miele

Weston Intermediate School: Mike Doucet

Weston Middle School: Linda Voulgarakis

Weston High School: Luis Cedeno

### **Nutrition:**

Stephanie Noto RD, CDN

[stephanienoto@compass-usa.com](mailto:stephanienoto@compass-usa.com)

(203) 526-9542

### **Finance and Accounts:**

Kareshma Sadat

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