



## Weston Intermediate School

March 2019

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**

<p>THIS MONTH.....</p> <p>In keeping up with large demand we will feature Chicken Noodle Soup daily this month!</p>				<p><b>1</b> Classic Cheese Pizza- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Fresh Seasoned Broccoli</p>
<p><b>4</b> Crispy Chicken Tenders- Honey Butter Corn Sweet &amp; Tangy BBQ Sauce</p>	<p><b>5</b> Classic Waffles Crispy Bacon Potato Puffs Melted Butter Small Batch Strawberry Sauce</p>	<p><b>6</b> Barilla Pasta Bar- Choice of: White or Wheat Choice of: Non GMO-Marinara, Bolognese or Butter &amp; Cheese Fresh Seasoned Green Beans</p>	<p><b>7</b> Nachos- Seasoned Angus Beef Natural Cheddar Cheese Sauce Crispy Tortilla Chips Salsa</p>	<p><b>8</b> Classic Cheese Pizza- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Fresh Seasoned Broccoli</p>
<p><b>11</b> Crispy Chicken Tenders- Honey Butter Corn Sweet &amp; Tangy BBQ Sauce</p>	<p><b>12</b> Non GMO Buttermilk Pancakes- Applegate Farms (Nitrate Free) Natural Breakfast Sausage Chilled Fresh Orange Wedge Melted Butter Small Batch Blueberry Sauce</p>	<p><b>13</b> Barilla Pasta Bar- Choice of: White or Wheat Choice of: Non GMO-Marinara, Bolognese or Butter &amp; Cheese Fresh Seasoned Green Beans</p>	<p><b>14</b> Pigs in a Blanket- Hebrew National All Beef Hot Dog Baked in Fresh Dough Oven Baked Potato Puffs Seasoned Mixed Vegetables</p>	<p><b>15</b> Classic Cheese Pizza- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Fresh Seasoned Broccoli</p>
<p><b>18</b></p>	<p><b>19</b> Classic Waffles Crispy Bacon Potato Puffs Melted Butter Small Batch Strawberry Sauce</p>	<p><b>20</b> Barilla Pasta Bar- Choice of: White or Wheat Choice of: Non GMO-Marinara, Bolognese or Butter &amp; Cheese Fresh Seasoned Green Beans</p>	<p><b>21</b> Hamburger- Grilled ¼ lb Angus Beef Burger Oven Baked Steak Fries Natural Ketchup add Cheddar Cheese \$0.60</p>	<p><b>22</b> Classic Cheese Pizza- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Fresh Seasoned Broccoli</p>
<p><b>25</b> Crispy Chicken Tenders- Honey Butter Corn Sweet &amp; Tangy BBQ Sauce</p>	<p><b>26</b> Non GMO Buttermilk Pancakes- Applegate Farms (Nitrate Free) Natural Breakfast Sausage Chilled Fresh Orange Wedge Melted Butter Small Batch Blueberry Sauce</p>	<p><b>27</b> Barilla Pasta Bar- Choice of: White or Wheat Choice of: Non GMO-Marinara, Bolognese or Butter &amp; Cheese Fresh Seasoned Green Beans</p>	<p><b>28</b> Nachos- Seasoned Angus Beef Natural Cheddar Cheese Sauce Crispy Tortilla Chips Salsa</p>	<p><b>29</b> Classic Cheese Pizza- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Fresh Seasoned Broccoli</p>

## 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

Garden Salad Bento \$2.00

Crudit  Snack Pack \$2.00

House Made Croutons \$.15

Fresh Cut Fruit Salad \$1.65

Cheese, Fresh Grapes and Crackers \$2.85

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

Cereal Bowls (Cheerios, Apple Cinnamon Cheerios, Fruity Cheerios) \$1.10

Pudding Cup (Gluten Free) \$1.10

Mozzarella String Cheese \$0.65

Assorted Grab & Go Boars Head Deli Sandwiches \$3.35

Marinated Sliced Grilled Chicken \$1.00

Hard Boiled Egg \$1.00

Fresh Mozzarella and Tomato Sandwich \$3.35

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

Bagel with Cream Cheese \$1.65

Cheddar Cheese Cup \$.50

### Beverages

#### 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

#### Water

Small Bottled Water \$0.65 – Large Bottled Water \$1.25

#### 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

## .....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

Pirates Booty (non GMO) \$1.25

Good Health Veggie Straws (non GMO) \$1.60

Reduced Fat Doritos \$1.10

Assorted Fresh Baked Cookie \$.60

Whole Grain Scooby Cinnamon Sticks \$1.00

Assorted Stacy's Pita Chips \$1.50

Whole Grain Muffin \$1.00

## **DID YOU KNOW?**

We use 100% certified humane, antibiotic & hormone free Angus ground 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 contact us directly with questions regarding menu items and ingredients so we may provide your child with safe lunch choices.

## **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

**Chartwells Dining Manager:** Meghan Bendish

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

(203) 258-9319

### **Chefs de Cuisine:**

Hurlbutt Elementary School: Joe Miele

Weston Intermediate School: Ralph Serpico

Weston Middle School: Blanca Ponce

Weston High School: Luis Cedeno

### **Finance and Accounts:**

Kareshma Sadat

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