

September 2009

Vegetable of the Month:
Tomatoes

→ Look for tomatoes in your meals



* Indicates dishes that are lacto-ovo vegetarian
WW = whole wheat

Please PrePay Your Student's Meals

Give a check or cash to your Kitchen Manager in an envelope with your child's name and keypad number on the outside. Envelopes can be found in the school cafeteria. Please send in a minimum of \$5.

Or pay online at www.paypams.com (\$1.95 transaction fee applies). You may check your student's balance for free.

Please keep a positive balance in your child's account!

Cash is not accepted in the cafeteria.

AVAILABLE DAILY

Breakfast

Assorted cold items including:
Bagels, Cereal, Yogurt Parfait
Fruit, Juice, Milk

Lunch

PB&J Sandwich on WW Bread*
Assorted Bagels with Yogurt or String Cheese*
Fresh Vegetables with Ranch Dip*
Assorted Fresh Fruit*

All lunches come with choice of
skim, 1%, or 2% milk.

Soy milk is available a la carte or as substitute for cow's milk with medical documentation.
Fresh fruits and vegetables on menu subject to change based on availability and price.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Featured Breakfast	Pancakes	Breakfast Sandwich	Omelet with Toast	Scrambled Eggs with English Muffin	French Toast
Week of Sept. 7-11 Featured Specials	Labor Day No School	→ Penne with Plain* or Meat Sauce Turkey Wrap with Pesto Mayo (nut-free pesto) Greek Salad with Mint* Sides → Carrots and Peas* Garlic Bread*	→ Vegetarian Chili with Tortilla Chips* → Grilled Cheese with Tomato Sandwich* Chicken Caesar Salad Sides Watermelon*	→ Hamburger/Cheeseburger or Veggie Burger* on WW Bun Egg Salad on WW Bread* Sesame Noodle with Edamame Salad* Sides Oven Baked Sweet Potato Fries* Featuring b.good Burgers at Driscoll!	→ Home Style Pizza* Sides → Tossed Salad with Assorted Dressings* Jello*
Week of Sept. 14-18 Featured Specials	Macaroni & Cheese* → Turkey Wrap with Pesto Mayo Greek Salad with Mint and Pita Bread* Sides → Green Bean and Tomato Salad*	Pineapple Sweet & Sour Chicken Tuna Salad on WW Bread → Hummus with Salad, Feta Cheese and Pita Bread* Sides Fried Rice* Broccoli*	→ Beef or Bean* Tacos in Taco Shells with Lettuce and Tomato → Grilled Cheese with Tomato Sandwich* Chicken Caesar Salad Sides → Spanish Rice*	→ Grilled Chicken Sandwich Egg Salad on WW Bread* Sesame Noodle with Edamame Salad* At Devotion: b.good Burgers → Hamburger/Cheeseburger or Veggie Burger* on WW Bun (instead of chicken sandwich) Sides Butternut Squash	→ Home Style Pizza* Sides → Tossed Salad with Assorted Dressings* Pudding*

<p>Week of Sept. 21-25</p> <p>Featured Specials</p> <div style="border: 1px solid black; padding: 5px; transform: rotate(-15deg); display: inline-block;"> HARVEST FOR STUDENTS WEEK! </div>	<p>American Chop Suey → Turkey Wrap with Pesto Mayo Greek Salad with Mint and Pita Bread*</p> <p>Sides → Zucchini & Diced Tomatoes*</p>	<p>Chicken Tenders with Assorted Dipping Sauces Tuna Salad on WW Bread → Hummus with Salad, Feta Cheese and Pita Bread*</p> <p>Sides Roasted Corn Couscous* Sauteed Green Beans*</p>	<p>BBQ Pulled Pork → Grilled Cheese with Tomato Sandwich* Chicken Caesar Salad</p> <p>Sides Brown Rice Pilaf* Mixed Vegetable* Watermelon*</p>	<p>Sloppy Joe on WW Roll Egg Salad on WW Bread* Sesame Noodle with Edamame Salad*</p> <p>At Lincoln: b.good Burgers → Hamburger/Cheeseburger or Veggie Burger* on WW Bun (instead of Sloppy Joe)</p> <p>Sides → Cucumber and Tomato Salad*</p>	<p>→ Papa John's Pizza: Cheese* or Pepperoni</p> <p>Sides → Tossed Salad with Assorted Dressings* Jello*</p>
<p>Week of Sept. 28-Oct. 2</p> <p>Featured Specials</p>	<p style="text-align: center;">Yom Kippur</p> <p style="text-align: center;">No School</p>	<p>→ Chicken or Cheese* Quesadilla with Salsa and Sour Cream Tuna Salad on WW Bread → Hummus with Salad, Feta Cheese and Pita Bread*</p> <p>Sides Chicken Gumbo Soup → Roasted Zucchini, Tomatoes & Corn*</p>	<p>→ Vegetarian Chili with Tortilla Chips* → Grilled Cheese with Tomato Sandwich* Chicken Caesar Salad</p> <p>Sides Corn on the Cob*</p>	<p>→ Hamburger/Cheeseburger or Veggie Burger* on WW Bun Egg Salad on WW Bread* Sesame Noodle with Edamame Salad*</p> <p>Sides Oven Baked Sweet Potato Fries* Featuring b.good Burgers at Heath!</p>	<p>→ Home Style Pizza*</p> <p>Sides → Tossed Salad with Assorted Dressings* Pudding*</p>

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K-8 Lunch Prices:

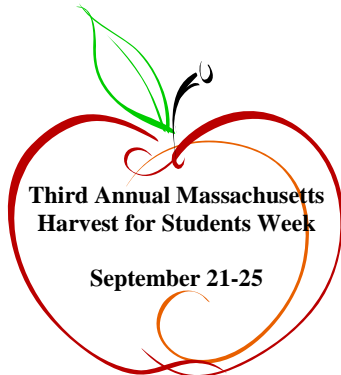
Students	(Full Price)	\$3.00
	(Reduced Price)	\$0.40
Adult		\$3.75

K-8 Breakfast Prices:

Students	(Full Price)	\$1.25
	(Reduced Price)	\$0.30
Adult		\$1.50
Milk, a la carte 8 oz.		\$.50
Milk, a la carte 10 oz.		\$.75

KITCHEN MANAGERS (Area Code: 617)

Mrs. Foote, Baker	(879-4511)
Mr. Yoon, Devotion	(879-4429)
Mrs. Cronin, Driscoll	(879-4266)
Mrs. Petroski, Heath	(879-4550)
Mrs. Feltz, Lawrence	(879-4310)
Mrs. Dixon, Lincoln	(879-4610)
Mrs. Kantardzic, Pierce	(730-2488)
Mrs. Twomey, Runkle	(879-4679)



Find this menu and other information on our web page at:
www.brookline.k12.ma.us.
 Follow the quick link to Food Services.

Hello from the New Director

I would like to introduce myself as the new Director of Food Services for Brookline Public Schools. I am very excited to work with all of you — students, parents, and staff — to provide healthy and tasty meals to the school population. I have a Ph.D. in nutrition and am also a Brookline resident and parent. Please do not hesitate to contact me with questions or comments. I will welcome the feedback!

Sonya

Locally-Grown Produce!

The third annual Massachusetts Harvest for Students Week brings a focus on locally-grown produce to the month of September. In the fall and spring, we order most of our produce from Lanni Orchards in Lunenburg, Massachusetts. We will highlight this produce during the week of September 21st, but you can enjoy the fresh variety of fruits and vegetables — including tomatoes, our vegetable of the month — throughout September!