



Menus for

**FOXBOROUGH
AHERN MIDDLE SCHOOL**

This institution is an
equal opportunity

Happy St. Patrick's Day!

Menu Subject To Change
 Questions, comments or concerns,
 Call Food Service Director
 Janice Watt
 wattj@foxborough.k12.ma.us
 508-543-1656

PRICES:
 All students are eligible for (1) free breakfast
 & (1) lunch per day.
 Extra entrée servings are 2.50 each
 Milk is included with lunch & breakfast
 If you child wants milk only, the cost is .50 per carton.
 We are unable to give milk away for free

Nutrition info available at:
myschoolmenus.com



Available Daily
 A la carte items available for
 purchase:

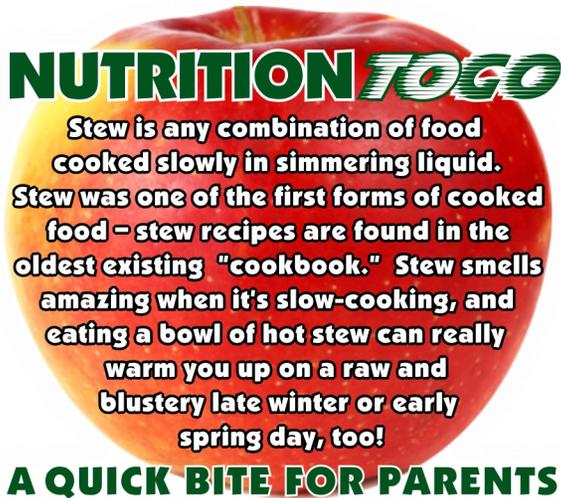
- Second Entrees 2.50
- Bottled Water 1.00
- Switch 100% Fizzy Juice 1.00
- Assorted Chips & Snacks
1.00-1.25
- Orange Leaf Yogurt on Fridays 2.50
- Pay with cash or on meal account.
- Online payments:
www.myschoolbucks.com

**Spring
Forward**



**Sunday,
March 8**

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
<p><u>Entrée Choices</u> Pizza Sticks & Sauce Steak & Cheese Sub Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Crunchy Carrot Sticks Fresh Fruit & Veggie Bar Ice Cold Milk Potato Chips</p>	<p><u>Entrée Choices</u> Eggo Waffles & Sausage Chicken Parm Sand Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Potato Wedges Ice Cold Milk Fresh Baked Cookie</p>	<p><u>Entrée Choices</u> Pasta & Meatballs Grilled Cheese Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Soft Breadstick Roasted Broccoli Ice Cold Milk</p>	<p><u>Entrée Choices</u> Mini Pancakes & Sausage Meatball Sub Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Sweet Potato Fries Ice Cold Milk</p>	<p><u>Entrée Choices</u> Brick Oven Pizza Chef's Choice Hot Sandwich Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Sliced Cucumbers Hummus Ice Cold Milk Scooby Snacks</p>



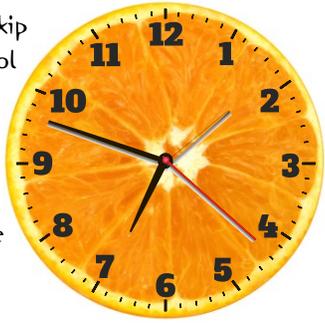
**Stew is any combination of food
 cooked slowly in simmering liquid.
 Stew was one of the first forms of cooked
 food - stew recipes are found in the
 oldest existing "cookbook." Stew smells
 amazing when it's slow-cooking, and
 eating a bowl of hot stew can really
 warm you up on a raw and
 blustery late winter or early
 spring day, too!**

A QUICK BITE FOR PARENTS

Monday, March 9	Tuesday, March 10	Wednesday, March	Thursday, March 12	Friday, March 13
<p><u>Entrée Choices</u> Creamy Mac & Cheese Pizza for One Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Steamed Broccoli Fresh Fruit & Veggie Bar Ice Cold Milk Oreos</p>	<p><u>Entrée Choices</u> General's Chicken Chicken Caesar Salad Steak & Cheese Sub Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Teriyaki Noodles Glazed Carrots Fresh Fruit & Veggie Bar Ice Cold Milk</p>	<p><u>Entrée Choices</u> Chicken Parm & Pasta BBQ Pulled Pork Sandwich Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Garlic Green Beans Texas Toast Ice Cold Milk</p>	<p><u>Entrée Choices</u> Brick Oven Pizza Cheese Quesadilla Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Sliced Cucumbers Hummus Ice Cold Milk</p>	 <p style="text-align: center;">No School Today</p>

SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skimp on the cheese and load up on the beans!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

<p>Monday, March 16</p> <p><u>Entrée Choices</u> Foxboro Sampler (Tenders nachos & onion rings) Cheese Quesadilla Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Carrot & Celery Sticks Seasoned Black Beans Ice Cold Milk Frozen Cherry Juice Cup</p>	<p>Tuesday, March 17</p> <p><u>Entrée Choices</u> French Toast & Sausage Pizza for One Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Tater Tots Fresh Fruit & Veggie Bar Ice Cold Milk Cookie of the Day</p>	<p>Wednesday, March</p> <p><u>Entrée Choices</u> Pasta Bar Choice of Marinara, Meat sauce or Alfredo Sauce Buffalo Chicken Ranch Wrap Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Roasted Broccoli Texas Toast Fresh Fruit & Veggie Bar Ice Cold Milk</p>	<p>Thursday, March 19</p> <p><u>Entrée Choices</u> Oven Fried Chicken Drumstick Stuffed Crust Pizza Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Mashed Potatoes & Gravy Mini Cornbread Muffin Fresh Fruit & Veggie Bar Ice Cold Milk</p>	<p>Friday, March 20</p> <p><u>Entrée Choices</u> Brick Oven Pizza Chicken Tender Wrap Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Red Pepper Strips Fresh Fruit & Veggie Bar Ice Cold Milk Pretzels</p>
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<p>Monday, March 23</p> <p><u>Entrée Choices</u> Chicken Tenders & Roll Turkey Bacon Croissant Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Potato Smiles Baked Beans Ice Cold Milk Animal Crackers</p>	<p>Tuesday, March 24</p> <p><u>Entrée Choices</u> Beef Nachos French Bread Pizza Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Seasoned Black Beans Golden Corn Ice Cold Milk</p>	<p>Wednesday, March</p> <p><u>Entrée Choices</u> Pasta & Meatballs Beef & Cheddar Soft Taco Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Breadstick Garlic Green Beans Ice Cold Milk</p>	<p>Thursday, March 26</p> <p><u>Entrée Choices</u> Mandarin Orange Chicken Pizza for One Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Steamed Rice Glazed Carrots Chicken & Veg Dumpling Fresh Fruit & Veggie Bar Ice Cold Milk</p>	<p>Friday, March 27</p> <p><u>Entrée Choices</u> Brick Oven Pizza Chef's Choice Hot Sandwich Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Sweet & Tangy Broccoli Salad Ice Cold Milk Chocolate Bear Grahams</p>
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<p>Monday, March 30</p> <p><u>Entrée Choices</u> Pizza Sticks & Sauce Steak & Cheese Sub Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Crunchy Carrot Sticks Fresh Fruit & Veggie Bar Ice Cold Milk Potato Chips</p>	<p>Tuesday, March 31</p> <p><u>Entrée Choices</u> Eggo Waffles & Sausage Chicken parm sand Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches</p> <p><u>Served with</u> Fresh Fruit & Veggie Bar Potato Wedges Ice Cold Milk Fresh Baked Cookie</p>
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Seeking Café Substitutes!

Fun, rewarding work!

School calendar: no nights, holidays & weekends!

Email:
wattj@foxborough.k12.ma.us

Looking for a job that lets you be at home when your family needs you there?

Come join our team!

Call Janice today for more information.
 508-543-1656