

# SEPTEMBER 2019

## MARY R. FISHER ELEMENTARY SCHOOL

**LUNCH IS FREE FOR ALL MARY R. FISHER SCHOOL STUDENTS**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>HOLIDAY</b>	<b>3</b> Mozzarella Sticks ~ w/ Dipping Sauce <b>OR</b> Turkey & Cheese Sandwich Mashed Potatoes ~ Garden Salad 100% Juice	<b>4</b> Taco Salad w/ Fixings and Chips <b>OR</b> <b>PIZZA LUNCHABLE</b> Make your own Pizza Pepperoni, Marinara Sauce, Flat Bread, Cheese Cucumber Wheels	<b>5</b> WG Cheese Pizza <b>OR</b> Ham & Cheese Sandwich Baby Carrots 100% Juice	<b>6</b> WG Chicken Nuggets <b>OR</b> Vanilla Yogurt-Muffin-Cheese Stick WG Buttered Noodles Steamed Broccoli
<b>9</b> Hamburger or Cheeseburger w/ Bun <b>OR</b> Yogurt-Muffin-Cheese Stick Tater-Tots ~ Baked Beans	<b>10</b> WG Cheese Pizza <b>OR</b> Sunbutter & Jelly Sandwich/ Cheese Stick Buttered Green Beans ~ Garden Salad 100% Juice	<b>11</b> <b>EARLY RELEASE</b> Ham/Cheese Sandwich Mayonnaise ~ Baby carrots Chips, 100% Juice	<b>12</b> Scrambled Eggs- WG Bagel Sausage <b>OR</b> Turkey & Cheese Sandwich Baby Carrots 100% Juice	<b>13</b> WG Chicken Nuggets <b>OR</b> Vanilla Yogurt-Muffin-Cheese Stick Fluffy Rice Steamed Broccoli
<b>16</b> Hot Dog w/ Bun <b>OR</b> Yogurt-Muffin-Cheese Stick Tater-Tots ~ Baked Beans	<b>17</b> Mozzarella Sticks ~ w/ Dipping Sauce <b>OR</b> Turkey & Cheese Sandwich Mashed Potatoes ~ Garden Salad 100% Juice	<b>18</b> Pasta and Meatballs ~ WG Roll <b>OR</b> <b>PIZZA LUNCHABLE</b> Make your own Pizza Pepperoni, Marinara Sauce, Flat Bread, Cheese Cucumber Wheels	<b>19</b> WG Cheese Pizza <b>OR</b> Ham & Cheese Sandwich Baby Carrots 100% Juice	<b>20</b> WG Chicken Nuggets <b>OR</b> Vanilla Yogurt-Muffin-Cheese Stick WG Buttered Noodles Steamed Broccoli
<b>23</b> Hamburger or Cheeseburger w/ Bun <b>OR</b> Yogurt-Muffin-Cheese Stick Tater-Tots ~ Baked Beans	<b>24</b> WG Cheese Pizza <b>OR</b> Sunbutter & Jelly Sandwich/ Cheese Stick Buttered Green Beans ~ Garden Salad 100% Juice	<b>25</b> Taco Salad w/ Fixings and Chips <b>OR</b> <b>PIZZA LUNCHABLE</b> Make your own Pizza Pepperoni, Marinara Sauce, Flat Bread, Cheese Cucumber Wheels	<b>26</b> French Toast Sticks Sausage <b>OR</b> Ham & Cheese Sandwich Baby Carrots 100% Juice	<b>27</b> WG Chicken Nuggets <b>OR</b> Vanilla Yogurt-Muffin-Cheese Stick Fluffy Rice Steamed Broccoli
<b>30</b> Hot Dog w/ Bun <b>OR</b> Yogurt-Muffin-Cheese Stick Tater-Tots ~ Baked Beans				



**DAILY CHOICES:** Fresh Woodstock Orchard apples available daily and a variety of "Rainbow Colored" Fruit and Vegetables

**MILK CHOICES:** Fat Free Flavored, 1% LF White, Lactaid or Soy available upon request. **Milk will be free with a Meal. If purchased separately \$.50**

Track Meal account balances, using [MySchoolBucks.com](http://MySchoolBucks.com) and/or Set up low Email balance reminders! Deposit funds in students account any time! View Cafeteria purchases

Please call your school for details 860-923-9581 ext 588 Lisa Durand or Email [ldurand@thompsonpublicschools.org](mailto:ldurand@thompsonpublicschools.org)

**PRE-ORDER CHEF SALAD WITH WG MUFFIN (Elementary Cafeteria at Breakfast) MONDAY - THURSDAY**