

FREE SCHOOL MEALS.

The easiest part of your day



Menus for January 2022

DID YOU KNOW?

FREE SCHOOL MEALS INCLUDE A VARIETY OF FRUITS & VEGETABLES.



Salem Public School Bates, Bentley, Carlton, Horace Mann, Saltonstall, Witchcraft

This institution is an equal opportunity provider and employer.

Monday, January 17

No School

Tuesday, January 18

Lunch

Chicken Taquitos
Spanish Rice and Beans
Shredded Lettuce/
Tomato, Salsa
Or
Turkey on WW Roll
Lettuce & Tomato
Chickpea Salad

Fruit/Milk

Wednesday, January 19

Lunch

Hot Dog WW Bun
Creamy Coleslaw
Baked Sweet Potato
Fries
Or
Chef's Salad w/
WW Pita

Fruit/Milk

Thursday, January 20

Lunch

Roasted Turkey
Tasty Sweet Peas
Garlic Mashed
Potatoes
WW Roll
Or
Ham Sandwich
WW Roll
Side Garden Salad

Fruit/Milk

Friday, January 21

Lunch

Pizza
Spinach Side Salad
Or
Tuna Salad Sandwich
Carrot & Cucumber
Sticks

Fruit/Milk

DID YOU ALSO KNOW?

- Possible Daily Vegetarian Grab and Go Lunch Options:
 - Sun Butter and Jelly Sandwich ^v
 - Yogurt and Granola Grab and Go
 - Hummus and Veggie Grab and Go
 - All grain products are whole grain rich
 - Meats are lean and cheeses are low fat
 - A variety of fresh fruits and vegetables offered daily
- Please Note:**
- If you have a food allergy please speak to the school nurse and advise your kitchen manager
 - **Menu is subject to change**