



# High school- Scituate Public Schools

## September

Celebrate & Support each other always in All Ways!



	Monday	Tuesday	Wednesday	Thursday	Friday
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**\*\*\*We will continue to provide all Scituate students with ONE free meal at lunch. To purchase second meals and a la carte items, students must have money in hand, or on their POS accounts, in order to do so. There will be absolutely NO CHARGING ON ACCOUNT.\*\*\***

	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
<b>Hot Choice</b>	Labor day	Grilled pesto tomato panini with cucumber salad and tater tots	Baked Penne with Meat sauce with Peas & a Breadstick	Waffles, Scrambled eggs, Sausage Harvest Homefries	<b>Buffalo , BBQ , or Cheese calzones</b> with Vegetable & Fruit Choices
<b>Power Pack</b>	No school	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar
<b>Cold Choice</b>		Pizza with asst Toppings Chef's Choice Sandwich	Pizza with asst Toppings Chef's Choice Sandwich	Pizza with asst Toppings Chef's Choice Sandwich	Pizza with asst Toppings Chef's Choice Sandwich
	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
<b>Hot Choice</b>	Chicken Tenders Fries and all the Sauces	Hot Dogs with Beans, Chips	Chicken, Broccoli Alfredo with Broccoli & a Breadstick	BYO Rice bowl Or Burrito Over rice and black beans	<b>Meat Pie</b> with Vegetable & Fruit Choices
<b>Power Pack</b>	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar
<b>Cold Choice</b>	Pizza with asst Toppings Roast beef Sub	Pizza with asst Toppings Roast beef Sub	Pizza with asst Toppings Roast beef Sub	Pizza with asst Toppings Roast beef Sub	Pizza with asst Toppings Roast beef Sub
	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
<b>Hot Choice</b>	Chicken Patty Sandwich Chips & Vegetables	Double cheeseburger Potato wedges	Pasta with Meatballs with Broccoli & a Breadstick	Chicken Mashed Potato bowl with Corn, Cheese, gravy and a dinner roll	<b>Pizza Day</b> with Vegetable & Fruit Choices
<b>Power Pack</b>	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar
<b>Cold Choice</b>	Pizza with asst Toppings Tuna Salad Ceasar Wrap	Pizza with asst Toppings Tuna Salad Ceasar Wrap	Pizza with asst Toppings Tuna Salad Ceasar Wrap	Pizza with asst Toppings Tuna Salad Ceasar Wrap	Pizza with asst Toppings Tuna Salad Ceasar Wrap
	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
<b>Hot Choice</b>	Buffalo or BBQ Chicken Tenders Sweet potato Fries	Smash Gyro Fries & coleslaw	Baked Ravioli with Creamy Tomato Sauce and a Breadstick	Roasted Chicken Stuffing, Potato wedges, Honey glazed carrots	<b>Pizza Day</b> with Vegetable & Fruit Choices
<b>Power Pack</b>	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar
<b>Cold Choice</b>	Pizza with asst Toppings Turkey & Cheese Bulkie	Pizza with asst Toppings Turkey & Cheese Bulkie	Pizza with asst Toppings Turkey & Cheese Bulkie	Pizza with asst Toppings Turkey & Cheese Bulkie	Pizza with asst Toppings Turkey & Cheese Bulkie
	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
<b>Hot Choice</b>	Hot Honey Chicken Sandwich Chips & Vegetables	California Chicken Sandwich with Tomato Soup & Goldfish	Baked Homade Mac n Cheese with Peas & a Breadstick	Nacho Bar Three bean salad	<b>Pizza Day</b> with Vegetable & Fruit Choices
<b>Power Pack</b>	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar	Fruit and Vegetable salad Bar
<b>Cold Choice</b>	Pizza with asst Toppings Italian Sub	Pizza with asst Toppings Italian Sub	Pizza with asst Toppings Italian Sub	Pizza with asst Toppings Italian Sub	Pizza with asst Toppings Italian Sub

**USDA Waiver** \*\*\*The USDA and MA State Government extended various waivers that allow schools to serve free meals to ALL students, through 6/30/23. We are thrilled with this news as it means that we will be able to provide all Scituate students with the option of nutritious food for free that will support them, both in school and at home.\*\*\*

**ALLERGIES** \*\*\*Students with Allergies\*\*\* - All students eating lunch in school will be asked if they have any allergies before choosing a meal. Students/families with allergies must be responsible for monitoring meal consumption in order to maintain safety.

<p><b>Questions, Comments or Concerns?</b></p> <p>Food Services Director: Patrick Legare 781-545-8750ext. 1114. <a href="mailto:plegare@scit.org">plegare@scit.org</a></p>	<p>*A full student lunch includes an entrée supplying protein and grain, assorted fruits, assorted vegetables, and a milk. Milk choices include 1%, and chocolate. This is an equal opportunity provider. Menu is Subject to Change.</p>	<p>*All students receive 1 free meal at no charge *Additional meals will be at retail costs. \$2 Breakfast / \$3 Lunch</p>
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