

Menus for December 2016

Londonderry Middle School

This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

**Milk is served with all meals.
We offer 1% and skim white
along with fat free chocolate
and strawberry.**

**Fresh fruit option served
daily.**

**Items on menu subject to
change due to availability or
price.**

Featured Specials of the Day

Thursday, December 1

French Bread Pizza
Ham, Egg and Cheese Croissant
Corn, Celery Sticks, Pears

Friday, December 2

Gill's Fresh Pizza
Cheese Tortellini with Marinara
Garlic Butter Mushrooms, Garden Salad,
Pineapple

Monday, December 5

Beefy Nachos
Meatball Sub
Corn Chowder, Caesar Salad, Pineapple
Chocolate Chip Cookie

Tuesday, December 6

Chicken Tenders w/ Pretzel
Chicken Caesar Salad
Broccoli Cheddar Soup, Butternut Squash,
Raisins

Wednesday, December 7

Appetizer Platter w/ Crackers
Grilled Cheese Sandwich
Tomato Soup, Cucumber Slices, Peaches

Thursday, December 8

Bosco Sticks w/ Marinara Sauce
BBQ Pork Sandwich
Onion Rings, Green Beans, Applesauce

Friday, December 9

Sal's Square Pizza
Cheese Ravioli with Homemade Sauce
Fresh Veggie Tray w/ Hummus, Caesar Salad

GERM WARFARE.

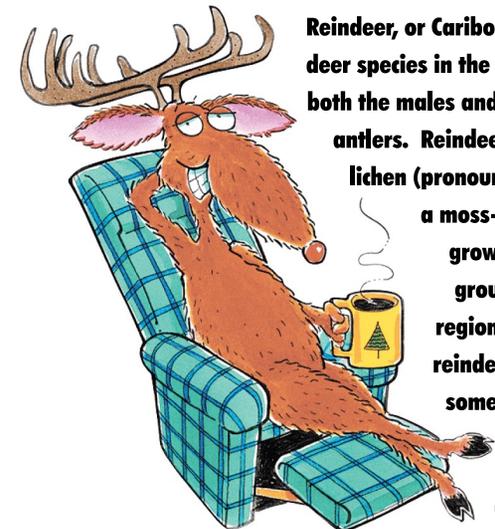
The folks who work in your school restaurant wash their hands all the time! And YOU should wash your hands anytime you think they might be dirty. It's one of the easiest ways to fight germs and stay healthy!



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

19 BY THE NUMBERS
SMART PHONES WERE USED FOR 19% OF E-COMMERCE SALES DURING THE 2015 HOLIDAYS, UP FROM 14% IN 2014

LICHEN LIFE



Reindeer, or Caribou, are the only deer species in the world in which both the males and females have antlers. Reindeer eat a lot of lichen (pronounced "like-en"), a moss-like plant that grows low to the ground in Arctic regions. So when a reindeer's munching some moss, he's not just lovin' life -- he's "lichen" it, too!

Featured Specials of the Day

Monday, December 12

Italian Sausage Sub w/ Peppers & Onions
French Bread Pizza
Carrot Sticks w/ Hummus, Broccoli w/ Cheese Sauce, Mandarin Oranges

Tuesday, December 13

Breakfast Platter
Sausage, Egg and Cheese Bagel
Hashbrown Potato, Caesar Salad, Applesauce, Candy Cookie

Wednesday, December 14

Popcorn Chicken w/ Pretzel
Turkey Pie w/ Stuffing
Steamed Carrots, Chicken Noodle Soup, Sliced Apples

Thursday, December 15

Cheeseburger w/ Lettuce Tomato Pickles
Hot Dog on Roll
French Fries, Corn, Peaches

Friday, December 16

Gills Fresh Pizza
Baked Ziti w/ Italian Bread
Fresh Veggies w/ Hummus, Garden Salad Slushy Cups

Please See Reverse for
Items Available Daily

Featured Specials of the Day

Monday, December 19

Holiday Chicken Nuggets w/ Holiday Grahams
Cheese Quesadilla w/ Salsa
Caesar Salad, Roasted Chick Peas, Applesauce Cups

Tuesday, December 20

Turkey Dinner!
Roasted Turkey in Gravy
Mashed Potatoes, Corn, Stuffing, Cranberry Sauce

Wednesday, December 21

Appetizer Platter w/ Crackers
Grilled Cheese Sandwich
Tomato Soup, Caesar Salad, Peaches

Thursday, December 22

Chicken Patty Sandwich
Turkey and Swiss Panini
Onion Rings, Corn, Sweetened Strawberries

Friday, December 23

Sal's Square Pizza
Ham and Cheese Panini
Cucumber Slices, Sweet Potato Bites, Raisins

ENJOY YOUR BREAK!

Last day
of school:



Classes
resume:

SEE YOU IN 2017!

eatfit wanna stay fit?
gotta eat right!



item: mayo

verdict:
beware
of the
slather!

tip: OK, it's full of calories and fat, but some of us like mayo on our sandwiches and that's that. If you can do mustard instead, great, but if you have to have it, the secret with mayo is a light touch: DAB, don't SLATHER!



We wish you & your
family a warm & happy
holiday season!

From Londonderry Dining Services

