



WHITIN MIDDLE SCHOOL Uxbridge

Monday, April 30
Choice of One
 Mini Corn Dogs
 Turkey, Bacon, Cheddar Salad
 Hot & Cold Sandwich Bar
 Giorgio's Pizza

Served with
 Potato Smiles
 Fresh Apple
 Pudding Cup
 Choice of Milk

Tuesday, May 1
Choice of One
 Rodeo Burger
 Southwest Chicken Salad
 Hot & Cold Sandwich Bar
 Stuffed Crust Pizza

Served with
 Crunchy Baby Carrots
 Mini Bag of Cape Cod Chips
 Warm Peach Cobbler
 Choice of Milk

Wednesday, May 2
Choice of One
 Chicken Scampi
 Lomein Salad
 Hot & Cold Sandwich Bar
 Pepperoni Pizza

Served with
 Garlic Green Beans
 Wheat Bread Stick
 Orange Wedges
 Choice of Milk

Thursday, May 3
Choice of One
 Pulled Pork Sandwich
 Buffalo Chicken Caesar Salad
 Hot & Cold Sandwich Bar
 Sausage Pizza

Served with
 Golden Corn
 Baked Beans
 Fresh Grapes
 Choice of Milk

Friday, May 4
Choice of One
 Spartan Sampler
 Wings, mozz stick & onion rings
 Salad Bar
 Hot & Cold Sandwich Bar
 Cheese Pizza
Served with
 Celery Sticks
 Pasta Salad
 Fruit of the Day
 Choice of Milk

PRICES:
 Lunch 3.00
 Reduced Lunch: .40
 Milk .65
 Breakfast 1.25
 Reduced Breakfast .30

 Menu Subject To Change

 Questions, comments or concerns,
 Call Janice Watt
 Food Service Director
 At 508-278-8644
 jwatt@uxbridge.k12.ma.us

BREAKFAST

Breakfast is available daily 10 minutes before school starts:
 Full price: 1.25
 Reduced: .40

Breakfast choices are:
 Cereal, yogurt, breakfast bars, juice & milk

Monday, May 7
Choice of One
 Popcorn Chicken
 Antipasto Salad
 Hot & Cold Sandwich Bar
 French Bread Pizza

Served with
 Veggie Medley
 Garlic Herb Pasta
 Fruit of the Day
 Choice of Milk

Tuesday, May 8
Choice of One
 French Toast & Sausage
 Yogurt Berry Parfait
 Hot & Cold Sandwich Bar
 Cheese Pizza

Served with
 Potato Pancakes
 Blue Raspberry Juice
 Pudding
 Choice of Milk

Wednesday, May 9
Choice of One
 Pasta & Meatballs
 Tortellini Salad
 Hot & Cold Sandwich Bar
 Uno's Cheese Pizza

Served with
 Caesar Salad
 Soft Bread Stick
 Chilled Peaches
 Choice of Milk

Thursday, May 10
Choice of One
 Chili Cheese Nachos
 Chicken Caesar Salad
 Hot & Cold Sandwich Bar
 Meatball Pizza

Served with
 Texas Caviar
 Veggie Sticks & Dip
 Apple Crisp
 Choice of Milk

Friday, May 11
Choice of One
 Steak & Cheese Sub
 Salad Bar
 Hot & Cold Sandwich Bar
 Stuffed Crust Pizza

Served with
 Curly Fries
 Strawberries & Bananas
 Otis Cookie
 Choice of Milk



Monday, May 14
Choice of One
 Chicken Tenders
 Turkey, Bacon & Cheddar Salad
 Hot & Cold Sandwich Bar
 Cheese Pizza

Served with
 Broccoli & Cheese Sauce
 Fresh Fruit
 Mini Bag of Doritos
 Choice of Milk

Tuesday, May 15
Choice of One
 Ham & Cheese Bagel
 Buffalo Chicken Caesar Salad
 Hot & Cold Sandwich Bar
 Giorgio Pizza

Served with
 Oven Fries
 Oranges
 Graham Crackers
 Choice of Milk

Wednesday, May 16
Choice of One
 Beef & Cheese Lasagna
 Southwest Chicken Salad
 Hot & Cold Sandwich Bar
 Buffalo Chicken Pizza

Served with
 Zucchini Italian Style
 Sliced Italian Bread
 Fresh Melon
 Choice of Milk

Thursday, May 17
Choice of One
 Teriyaki Chicken Dippers
 Turkey, Cranberry & Ched Salad
 Hot & Cold Sandwich Bar
 PAPA GINOS PIZZA

Served with
 Asian Noodles
 Glazed Carrots
 Pineapple Tidbits
 Fortune Cookie
 Choice of Milk

Friday, May 18
Choice of One
 Pizza Sticks & Sauce
 Salad Bar
 Hot & Cold Sandwich Bar
 Pizza for One

Served with
 Cucumbers & Hummus
 Tortilla Chips & Salsa
 Pears & Cherries
 Choice of Milk



NUTRITION TO GO

A stuffed baked potato makes for a fantastic meatless meal! The potato is one of the most nutritious foods of all, with almost no fat, lots of nutrients, and about 1/4 of your daily fiber. Watch the stuffings, though -- a load of butter adds a load of fat. A tablespoon or two of reduced-fat sour cream is a good substitute.

A TASTY MORSEL FOR PARENTS

Whitin 5/12

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



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

Monday, May 21

Choice of One

Mashed Potato Bowl
 Yogurt Berry Parfait
 Hot & Cold Sandwich Bar
 Bagel Pizza

Served with

Roasted Sweet Potatoes
 Wheat Dinner Rolls
 Applesauce
 Choice of Milk

Tuesday, May 22

Choice of One

BBQ Chicken & Cheddar Sub
 Asian Chicken Salad
 Hot & Cold Sandwich Bar
 Stuffed Crust Pizza

Served with

Carrot Slaw
 Uncle Ben's Seasoned Rice
 Peach Blueberry Cobbler
 Choice of Milk

Wednesday, May 23

Choice of One

Chicken Parm & Pasta
 Chef Salad
 Hot & Cold Sandwich Bar
 French Bread Pizza

Served with

Garlic Green Beans
 Wheat Bread Stick
 Kiwi
 Choice of Milk

Thursday, May 24

Choice of One

Beef Nachos
 Buffalo Chicken Caesar Salad
 Hot & Cold Sandwich Bar
 Cheese Pizza

Served with

Refried Beans
 Golden Corn
 Fresh Banana
 Choice of Milk

Friday, May 25

Choice of One

Cheesy Bread
 Salad Bar
 Hot & Cold Sandwich Bar
 Taco Pizza

Served with

Broccoli & Dip
 Pasta Salad
 Whole Fruit Juice Bar
 Choice of Milk

Monday, May 28



No School Today

Tuesday, May 29

Choice of One

Chicken Nuggets
 Chicken Caesar Salad
 Hot & Cold Sandwich Bar
 Chicken Fajita Pizza

Served with

Lightly Buttered Pasta
 Cucumber Slices
 Fresh Apple
 Choice of Milk

Wednesday, May 30

Choice of One

Chicken, Broccoli & Ziti
 Chicken Dijon Salad
 Hot & Cold Sandwich Bar
 Pepperoni Pizza

Served with

Garden Salad
 Italian Bread
 Box of Raisins
 Choice of Milk

Thursday, May 31

Choice of One

Glazed Kielbasa
 Buffalo Chicken Caesar
 Hot & Cold Sandwich Bar
 Giorgio's Cheese Pizza

Served with

Rice Pilaf
 Chef's Choice Hot Veggie
 Mixed Fruit
 Choice of Milk

Friday, June 1

Choice of One

Chef's Choice Entrée
 Salad Bar
 Hot & Cold Sandwich Bar
 Sal's Pizza

Served with

Black Beans & Corn Salad
 French Fries
 Watermelon
 Choice of Milk

UXBRIDGE COMMUNITY GARDENS

Did you know that there is a new, organic, community garden "growing" here in Uxbridge?

Gardening is a healthy and fun family activity, as well as an educational one for your children.

Keep the kids busy this summer AND enjoy the fruits (and vegetables) of your labor!

There are still plots available for rent (\$20), and the planting season is NOW, so don't delay!

The soil has been plowed, so it is ready to go!

Visit the Town of Uxbridge Website for the application & more info about the garden:
<http://www.uxbridge-ma.gov/>



Hot & Cold Sandwich Bar

Features items such as
Cheeseburgers
Spicy Chicken Patty Sandwich
Chicken Patty Sandwich
Assorted Deli Meats & Cheeses
Sides & Milk included with all lunches

