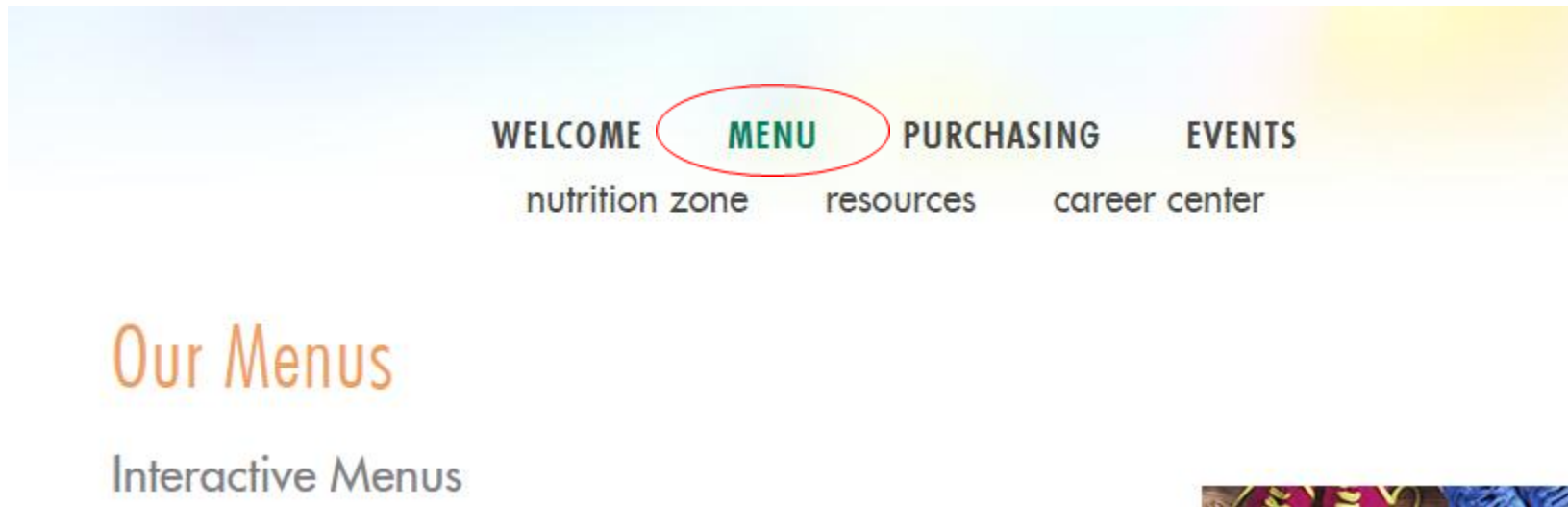


1. Click on the MENU tab on the top of the webpage



2. Menus available are listed under the respective meal period (breakfast, lunch or snack)

### Lunch Menus



A healthy lunch is a critical component to the overall educational experience, nourishing the body and setting the stage for a day of learning and knowledge retention. We offer age-appropriate lunch menu options at each grade level, with increasingly more options at the older grade levels as students mature and learn how to make healthier choices. At the elementary school level, we strive to help educate and guide younger students to make balanced meal choices from amongst familiar “kid-friendly” foods made with healthier ingredients. For secondary school students, we offer a food-court style environment with a wide variety of wholesome menu choices.


 [Boxford Cole Elementary](#)

 [Boxford Spofford Pond Elementary](#)

### Snack Menus

Growing bodies sometimes need additional fuel to keep them going throughout the day. Even if students eat a nutritious breakfast and lunch every day, they may still feel hungry at times. Healthy snacking is a quick and convenient way to keep your energy level high and your mind alert so you can be your best at school. We make it easy to snack healthier by limiting snack choices to “Smart Snacks” meeting strict state nutritional requirements and district wellness guidelines.

3. Clicking on one of the menus will open up a pdf version of the interactive menu. Click on the day you want to see the nutritional information for.

**Welcome to our Lunch Cafe**  **Boxford Cole Elementary**

**November 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Waffles with Turkey Sausage with Hash Browns and Mixed Vegetables and Fresh Orange or Box Lunch- Bagel &amp; Yogurt or Garden Salad with Hard Boiled Eggs or Turkey &amp; Cheese on a Roll or Sun Butter &amp; Jelly Sandwich</p>	<p>2 Crispy Chicken &amp; Cheese Sandwich with Baked Tater Tots and Garden Salad and Banana or Box Lunch- Bagel &amp; Yogurt or Garden Salad with Hard Boiled Eggs or Turkey &amp; Cheese on a Roll or Sun Butter &amp; Jelly Sandwich</p>	<p>3 Loaded Beef Nachos with Fiesta Corn and Bean &amp; Veggie Salad and Diced Pears or Box Lunch- Bagel &amp; Yogurt or Garden Salad with Hard Boiled Eggs or Turkey &amp; Cheese on a Roll or Sun Butter &amp; Jelly Sandwich</p>	<p>4 Cheese Pizza with Caesar Side Salad and Veggie Dippers and Mixed Fruit or Box Lunch- Bagel &amp; Yogurt or Garden Salad with Hard Boiled Eggs or Turkey &amp; Cheese on a Roll or Sun Butter &amp; Jelly Sandwich</p>
<p>7 Cheeseburger with Oven Baked Fries and Cajun Roasted Broccoli with Corn and Red Delicious Apple or Box Lunch- Bagel &amp; Yogurt or Garden Salad with Hard Boiled Eggs or Turkey &amp; Cheese on a Roll or Sun Butter &amp; Jelly Sandwich</p>	<p>8 Organic Yogurt Parfait with Granola with Organic Pretzel and Veggie Dippers and Organic Hummus and Fresh Orange or Box Lunch- Bagel &amp; Yogurt or Garden Salad with Hard Boiled Eggs or Turkey &amp; Cheese on a Roll or Sun Butter &amp; Jelly Sandwich</p>	<p>9 Mac &amp; Cheese with WW Dinner Roll and Garden Salad and Banana or Box Lunch- Bagel &amp; Yogurt or Garden Salad with Hard Boiled Eggs or Turkey &amp; Cheese on a Roll or Sun Butter &amp; Jelly Sandwich</p>	<p>10 Hot Dog on a Bun with Hawaiian Coleslaw and Smokehouse Baked Beans and Diced Pears with Box Lunch- Bagel &amp; Yogurt and Garden Salad with Hard Boiled Eggs and Turkey &amp; Cheese on a Roll and Sun Butter &amp; Jelly Sandwich</p>	<p><b>Veterans Day</b></p>
<p>14 Crispy Chicken &amp; Cheese</p>	<p>15 French Toast Sticks</p>	<p>16 Roast Turkey Breast with Gravy</p>	<p>17 Crispy Beef Taco</p>	<p>18 Cheese Pizza</p>

4. Clicking on a day redirects you to the screen below, where you can choose which item you want to see the nutrition for by clicking the “+” next to the item.



**Boxford Cole Elementary**

Show menu items for: 11/2/2016

English  Spanish

Entree	Item	Cals (Kcal)	Fat	Sat Fat	Protein	Carb	Vit A	Vit C	Calcium (mg)	Sodium (mg)	Chol. (mg)	Iron	Fiber	Trans Fat (g)	Sugars	Allergens
+ Box Lunch- Bagel & Yogurt																
+ Garden Salad with Hard Boiled Eggs	Garden Salad with Hard Boiled Eggs	190	1	0	8	36	87	40	7	288	0	16	5	0	5	Milk Eggs Wheat
+ Turkey & Cheese on a Roll																
+ Crispy Chicken & Cheese Sandwich																
+ Sun Butter & Jelly Sandwich																
	<b>TOTALS</b>	<b>190</b>	<b>1</b>	<b>0</b>	<b>8</b>	<b>36</b>	<b>87</b>	<b>40</b>	<b>7</b>	<b>288</b>	<b>0</b>	<b>16</b>	<b>5</b>	<b>0</b>	<b>5</b>	

**Breakfast**

**Side**

- + Garden Salad
- + Banana
- + Baked Tater Tots

**Condiment**

**Beverage**

- + Fat Free Chocolate Milk
- + 1% Milk