

Masconomet Regional Menu: Feb 1 to Feb 5



V = Vegetarian

S = Smart Choices Healthy Entree

MONDAY 1st

TUESDAY 2nd

WEDNESDAY 3rd

THURSDAY 4th

FRIDAY 5th



Big Bird Panini
Sliced roasted turkey with turkey bacon, American cheese and tomato on club roll.

The Garibaldi
Sliced ham, Genoa salami, mozzarella cheese, sliced tomato, iceberg, lite Italian dressing on club roll.

Turkey, Ham and Pepper jack Cheese
Sliced ham, turkey and pepper jack cheese and mustard on a Ciabatta roll.

American Hero Panini
Roast turkey, beef bologna, ham, American cheese, tomatoes, lettuce with mayo on a whole wheat pita.

Buffalo Chicken Panini
Chicken strips tossed in hot sauce with ranch dressing, shredded lettuce in a wheat wrap.



AVAILABLE DAILY: Turkey, Salami, Ham, Roast Beef; American, Swiss, Provolone and Low-fat Mozzarella Cheese; Whole Wheat and White Bread, Club Rolls; Whole Wheat, Regular and Flavored Wraps; Assorted toppings.



Roasted Garlic Pizza
Fresh whole grain dough lightly brushed with garlic and oil, topped with fresh garlic, homemade pizza sauce and low fat mozzarella. **V**

BLT Pizza
Fresh whole grain dough lightly brushed with garlic and oil, topped with bacon, fresh tomato and salad greens with ranch dressing.

Veggie Pizza
Fresh whole grain dough lightly brushed with garlic and oil, topped with zucchini, summer squash, onions, mushrooms and Low fat mozzarella. **V**

Mexi—Beef Pizza
Fresh whole grain dough, lightly brushed with garlic and oil, topped with homemade pizza sauce, mexi—beef, fresh tomatoes and low fat mozzarella cheese.

Sausage, Mushroom, Onion Pizza
Fresh whole grain dough lightly brushed with garlic and oil, topped with homemade pizza sauce, sausage, mushrooms and low fat mozzarella.

AVAILABLE DAILY: Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough



Stuffed Shells
Cheese stuffed shells topped with homemade marinara, and mozzarella. Served with meatballs and breadstick.

Penne Rustica
Sautéed whole grain penne with Italian sausages, fresh garlic, broccoli rabe and crushed red pepper. Served with side salad & breadstick.

Chili & Kielbasa
Beef & bean chili topped with shredded cheese and served with a kielbasa on hot dog roll.

Rosemary Crusted Pork Loin
Pork Loin seasoned with rosemary and garlic. Served with butternut squash, roasted potatoes and a whole wheat dinner roll.

Open Faced Turkey Sandwich
Oven roasted turkey breast, sliced and served on white bread, turkey gravy with whole kernel corn.



A daily assortment of Nachos & Tacos served with Mexi-Beef, Fajita Chick, Nacho cheese, Pico de Gallo, refried beans, Mexi-Rice, cheddar, lettuce, salsa and sour cream.

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AVAILABLE DAILY: Crunchy or Soft Tacos and Nacho Chips w/ combination of toppings



Chicken & Cheese Or Cheese Quesadillas

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Chicken & Cheese Or Cheese Quesadillas



Mexi-Beef Quesadillas

Buffalo Chicken Quesadilla

Bacon Cheeseburger Quesadilla

Barbecue Chicken Quesadilla

Buffalo Chicken Quesadilla

AVAILABLE DAILY: Hamburgers, Cheeseburgers, Turkey Burgers & Veggie Burgers.



Pasta Bar Offered Daily
Includes: Plain or Whole Wheat Pasta with Choice of Sauce Tossed Salad and Dinner Roll



Pasta salad with Tuna
Minestrone

Potato Salad **V**
Vegetarian Vegetable Soup **V**

Cheese Tortellini Salad **V**
Chicken Noodle Soup

Coleslaw **V**
Cream of Tomato Soup **S**

Clam Chowder

MEAL PRICE INCLUDES: PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE AND MILK CHOICE (1% LOW-FAT MILK, SKIM MILK OR 1% LOW-FAT CHOCOLATE MILK)

AVAILABLE DAILY WITH SALAD LUNCH: PROTEIN CHOICE, WHOLE GRAIN DINNER ROLL OR BREADSTICK, FRUIT CHOICE & MILK CHOICE