

Mast Way & Moharimet

January

2019



Parsnips are a member of the carrot family, which comes as no surprise when you look at the resemblance in size and shape. Our northern climate in New Hampshire is great for producing parsnips! Here, they can grow to the size of large carrots and are enjoyed for their nutty, slightly sweet and spicy flavor.

<p>School Info: Daily alternate entrees: Chef Salad, Turkey & Cheese Pinwheels, Yogurt Plate. Garden bar, all fruits, veggies and milk are included with all meals</p>	<p>1 New Years Day No School</p>	<p>2 PULLED PORK on a BUN HOMEMADE PASTA SALAD BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>3 CRUNCHY REDFISH FISH TACO CREAMY COLESLAW GARDEN BAR CHOICES MIXED FRUIT</p>	<p>4 WHOLE GRAIN PIZZA STICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>7 <u>Meatless Monday</u> CHEESE RAVIOLI BOSCO CHEESE FILLED BREADSTICK GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP</p>	<p>8 <u>Ms. Hall's Class Menu</u> CHICKEN WINGS , COFFEE CAKE MASHED POTATOES CORN on the COB GARDEN BAR CHOICES JUICE SLUSH</p>	<p>9 SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES FRESH CANTELOUPE</p>	<p>10 AMERICAN CHOPSUEY STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>11 WHOLE GRAIN PIZZA VARIETY SWEET POTATO FRIES GARDEN BAR CHOICES FRESH LOCAL APPLE</p>
<p>14 <u>Meatless Monday</u> GRILLED CHEESE TOMATO SOUP GARDEN BAR CHOICES CINNAMON APPLESAUCE</p>	<p>15 HOT DOG on a WHOLE WHEAT BUN, BAKED BEANS GARDEN BAR CHOICES FRESH WATERMELON CHUNKS</p>	<p>16 BAKED SALMON with LEMON SAUCE, MASHED POTATO STEAMY BROCCOLI GARDEN BAR CHOICES SLICED PEARS</p>	<p>17 SLOPPY JOE SLIDERS CREAMY COLE SLAW GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p>18 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>21 Martin Luther King Day NO SCHOOL</p>	<p>22 <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES STRAWBERRIES</p>	<p>23 <u>Ms. Swift's Class Menu</u> BEEF BURRITO w/SEASONED BEEF and CHEESE GARDEN BAR CHOICES JUICE SLUSH</p>	<p>24 SPAGHETTI & MEATBALLS BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>25 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>28 Teacher Workshop Day NO SCHOOL</p>	<p>29 CHICKEN PARM on PASTA ROASTED CARROTS & PARSNIPS GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>30 MEATBALL SUB CRISP CUCUMBER SLICES GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>31 BAKED POTATO BAR HOMEMADE CHILI, ROLLS BROCCOLI & CHEESE SOUR CREAM GARDEN BAR CHOICES FRESH BANANA</p>	<p>Lunch Prices: Reduced: .40 Paid: \$2.75 Adults: \$4.50 This institution is an equal opportunity provider</p>