



Please Make Sure that the Replacement is the Same Lunch Type

## Hot Lunch Option 1

Beef Meatballs on a  
Whole Wheat Sub,  
& Corn/Broccoli,  
Fresh Fruit  
1% Milk/Choc Milk\*\*\*

## Hot Lunch Option 2

Chicken Nuggets,  
Enriched White Rice,  
Roasted carrots  
Fresh Fruit  
1% Milk/Choc Milk\*\*\*

## Cold Lunch Option 1

Cold Lunch:  
Turkey Sandwich,  
Cheddar Cheese, on Whole  
Wheat Bread &  
Garden Salad.  
Fresh Fruit  
1% Milk/Choc Milk\*\*\*

## Cold Lunch Option 2

Vegetarian Option:  
Sunflower Butter and Jelly  
Sandwich, Chickpeas,  
& Salad  
Fresh Fruit  
1% Milk/Choc Milk\*\*\*

\*\*\*Pre-K kids can only have 1% Milk according to DESE regulations.

**In order to meet nutrition regulations and requirements set by DESE,  
we're now limiting the number of meals substituted up to 2 times per week.**

How to implement these options into your menu?

- If there's a meal on a certain day that the kids do not find very appetizing feel free to enter which option meal you'd like to replace it with under the Special Requests Section!
- The fruit sent will be assigned depending on the day you decide when to implement a substitute meal from the options above!
- These meal substitutes can be used to replace meals from the Hot Lunch Menu only and do not apply for meals from the Breakfasts Menus or Cold/Vegetarian/Dairy-Free Menus.
- Meal options cannot be mixed, one meal substitute per day.
- Fresh Fruit = FRUIT OF THE DAY

Any further questions please feel free to reach out and let me know!