

Mon	Tue	Wed	Thu	Fri
<p>Please contact Lisa Beaudin Director of Nutrition Services lbeaudin@ashland.k12.ma.us With any questions or suggestions This Institution is an Equal Opportunity Employer</p>				
14	15	16	17	18
Chicken Caesar Wrap "V" Red Pepper Spears or Bagel Fun Lunch "V"	Ham and Cheese Roll-Up "V" Cucumbers or Hummus and Pita Fun Lunch "V"	Remote Learning Day	Turkey Sandwich "V" Carrot Sticks w/ Ranch Dressing or Muffin Fun Lunch "V"	Hummus and Veggie Pita Pocket "V" Corn and Black Bean Salad or Fruit and Cheese Fun Lunch "V"
21	22		24	25
Turkey and Cheese Roll-Up "V" Tossed Salad Roasted Chickpeas or Bagel Fun Lunch "V"	BBQ Chicken Wrap 3-Bean Salad or Hummus and Pita Fun Lunch "V"	Remote Learning Day	Chicken Salad Pita Pocket Cucumber Slices w/ Ranch Dressing or Muffin Fun Lunch "V"	Ham Sandwich "V" Corn and Black Bean Salad or Fruit and Cheese Fun Lunch "V"
28	29	30		
No School Yom Kippur	Italian Sub Celery Sticks w/ Italian Dressing or Bagel Fun Lunch "V"	Remote Learning Day	Offered with All Meals: Cold Milk, Fresh Fruit & Vegetables, Canned Fruit, And 100% Fruit Juice	

"V" = Is or can be made Vegetarian. If your child has a food allergy, please contact School Nutrition Services before ordering a meal.

Menu subject to change without notice

Ashland Nutrition Services is looking for substitute cafeteria staff. If you are interested please call 508-881-0165

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