



Holyoke Public Schools

11/28-12/2

EVERYDAY SELECTS

FEATURING
CLASSIC LUNCH
TIME FOODS

- MONDAY:** Cheeseburger or Crispy Chicken Sandwich served with Baked French Fries and Burger Toppings
- TUESDAY:** Cheese Pizza, Pepperoni Pizza or Hawaiian Pizza (6-8 Only) served with Caesar Salad
- WEDNESDAY:** Bean and Cheese Nachos or Beef and Cheese Nachos served with Stewed Black Beans
- THURSDAY:** Chicken Nugget Basket or Fish 'n' Chips Basket served with Tater Tots
- FRIDAY:** Sazon Chicken Sandwich or Cheeseburger served with Baked French Fries and Burger Toppings

GLOBAL FLAVORS

FEATURING
RECIPES FROM
AROUND THE WORLD

- MONDAY:** Beef Burrito Bowl
- TUESDAY:** Teriyaki Chicken Noodle Bowl
- WEDNESDAY:** Popcorn Chicken Bowl
- THURSDAY:** Meatball Marinara Bowl
- FRIDAY:** Sazon Pork Bowl

SIDES

- MONDAY:** Mexican Sweet Potatoes, Stewed Black Beans
- TUESDAY:** Steamed Broccoli, Ginger Carrot Salad
- WEDNESDAY:** Mashed Potatoes, Low Country Green Beans, Chilled Broccoli
- THURSDAY:** Parmesan Green Beans, Basic Corn Salad
- FRIDAY:** Plantains, Carrot Sticks, Black Beans

SUPERFOODS

- MONDAY:** Smoothie Bowls: Sunrise or Banana Berry
- TUESDAY:** Grain Bowls: The Garden or Spicy Buffalo Chicken
- WEDNESDAY:** Wraps and Flatbreads: Classic Ham and Cheese or Spicy Buffalo
- THURSDAY:** Super Salads: Garden or Chicken Caesar
- FRIDAY:** Smoothie Bowls: Very Berry or Banana Berry

SAUCE IT UP! Spicy Cool Sauce: Spicy sriracha meets cool, creamy mayonnaise Spicy K Sauce: Classic Ketchup- with a kick!



- EVERYDAY:** Variety of Fresh Fruits and Canned Fruits
- MONDAY:** Garden Salad/Baby Carrots/Black Beans
- TUESDAY:** Caesar Salad/Ginger Carrot Salad/Cucumber Coins
- WEDNESDAY:** Super Salad/Celery Sticks
- THURSDAY:** Caesar Salad/Basil Corn Salad
- FRIDAY:** Spinach Salad/Black Beans/Carrot Sticks



Holyoke Public Schools

12/5-12/9

EVERYDAY SELECTS

FEATURING
CLASSIC LUNCH
TIME FOODS

MONDAY: Cheese Pizza, Pepperoni Pizza or BBQ Chicken Pizza (6-8 Only) served with Caesar Salad

TUESDAY: Bean and Cheese Nachos or Fajita Chicken Nachos served with Stewed Black Beans

WEDNESDAY: Chicken Nugget Basket or Cheese Filled Breadstick served with Tater Tots

THURSDAY: Crispy Chicken Sandwich, Cheeseburger, or Grilled Cheese Sandwich served with Baked French Fries and Burger Toppings

FRIDAY: BBQ Pulled Pork Sandwich or Spicy Chicken Sandwich served with Tater Tots

GLOBAL FLAVORS

FEATURING
RECIPES FROM
AROUND THE WORLD

MONDAY: Meatball Marinara Sub

TUESDAY: BBQ Chicken Sandwich

WEDNESDAY: Soft Beef Tacos

THURSDAY: Greek Turkey Sub

FRIDAY: Warm Mojo Turkey and Cheese Sub

SIDES

MONDAY: Parmesan Green Beans, Italian Seasoned Chickpeas

TUESDAY: Mashed Potatoes, BBQ Baked Beans

WEDNESDAY: Broccoli Lime Salad, Corn Elotes

THURSDAY: Oven Roasted Broccoli, Baby Carrots

FRIDAY: Steamed Carrots, Celery Sticks

SUPERFOODS

MONDAY: Grain Bowls: Tokyo Teriyaki or The Garden

TUESDAY: Wraps and Flatbreads: Turley Cheddar Ranch or Classic Ham and Cheese

WEDNESDAY: Super Salads: Garden or Chef

THURSDAY: Smoothie Bowls: Sunshine or Tropical

FRIDAY: Grain Bowls: Spicy Buffalo Chicken or The Garden

SAUCE IT UP! Spicy Cool Sauce: Spicy sriracha meets cool, creamy mayonnaise Spicy K Sauce: Classic Ketchup- with a kick!



EVERYDAY: Variety of Fresh Fruits and Canned Fruits

MONDAY: Garden Salad/Italian Seasoned Chickpeas/Cucumber Coins

TUESDAY: Caesar Salad,/Chilled Broccoli

WEDNESDAY: Super Salad/Broccoli Lime Salad/Black Beans

THURSDAY: Caesar Salad/Chilled Peas

FRIDAY: Spinach Salad/Baby Carrots/Celery Sticks



Holyoke Public Schools

12/12-12/16

EVERYDAY SELECTS

FEATURING
CLASSIC LUNCH
TIME FOODS

MONDAY: Bean and Cheese Nachos or Beef and Cheese Nachos served with Stewed Black Beans

TUESDAY: Chicken Nugget Basket or Fish 'n' Chips Basket served with Tater Tots

WEDNESDAY: Crispy Chicken Sandwich, Cheeseburger, or BBQ Rib Sandwich served with Baked French Fries and Burger Toppings

THURSDAY: Cheese Pizza, Pepperoni Pizza or Supreme Pizza (6-8 Only) served with Caesar Salad

FRIDAY: Sazon Chicken Sandwich or Crispy Chicken Sandwich served with Tater Tots

GLOBAL FLAVORS

FEATURING
RECIPES FROM
AROUND THE WORLD

MONDAY: Popcorn Chicken and Waffles

TUESDAY: Sweet 'n' Sour Chick'n Burrito

WEDNESDAY: Pepperoni Flatbread

THURSDAY: Hand Rolled Beef Burrito

FRIDAY: Pavo al Horno with Dinner Roll

SIDES

MONDAY: Baked Cinnamon Apples, Homestyle Hash Browns, Broccoli Florets

TUESDAY: Steamed Carrots, Celery Sticks

WEDNESDAY: Parmesan Green Beans, Italian Seasoned Chickpeas

THURSDAY: Chili Roasted Sweet Potatoes, Corn Elotes

FRIDAY: Habichuelas Guisadas, Steamed Broccoli

SUPERFOODS

MONDAY: Wraps and Flatbreads: Turkey Cheddar Ranch or Spicy Buffalo Chicken

TUESDAY: Super Salads: Chef or Chicken Caesar

WEDNESDAY: Smoothie Bowls: Very Berry or Sunshine

THURSDAY: Grain Bowls: Tokyo Teriyaki or The Grecian

FRIDAY: Wraps and Flatbreads: The Mediterranean or Spicy Buffalo Chicken

SAUCE IT UP! Spicy Cool Sauce: Spicy sriracha meets cool, creamy mayonnaise Spicy K Sauce: Classic Ketchup- with a kick!



EVERYDAY: Variety of Fresh Fruits and Canned Fruits

MONDAY: Garden Salad/Chilled Broccoli/Cinnamon Apples

TUESDAY: Caesar Salad./Baby Carrots/Celery Sticks

WEDNESDAY: Super Salad/Cucumber Coins/Italian Seasoned Chickpeas

THURSDAY: Caesar Salad/Cherry Tomatoes/Corn Elotes

FRIDAY: Spinach Salad/Zucchini Coins/Broccoli Florets



Holyoke Public Schools

12/19-12/23

EVERYDAY SELECTS

FEATURING
CLASSIC LUNCH
TIME FOODS

MONDAY: Chicken Nugget Basket or Cheese Filled Breadstick Basket served with Tater Tots

TUESDAY: Crispy Chicken Sandwich, Cheeseburger or Grilled Cheese Sandwich served with Baked French Fries and Burger Toppings

WEDNESDAY: Cheese Pizza, Pepperoni Pizza or Taco Pizza (9-8 Only) served with Caesar Salad

THURSDAY: Beef and Cheese Nachos or Fajita Chicken Nachos served with Stewed Black Beans

FRIDAY: Shredded Pork Sandwich or Cheeseburger served with Tater Tots

GLOBAL FLAVORS

FEATURING
RECIPES FROM
AROUND THE WORLD

MONDAY: Beef Frito Chili Pie

TUESDAY: Enchilada Suiza

WEDNESDAY: Broccoli and Cheese Baked Potato

THURSDAY: Spaghetti and Meatsauce

FRIDAY: Orange Chicken with Rice

SIDES

MONDAY: Aztec Corn, Low Country Green Beans

TUESDAY: Mexican Zucchini, Broccoli Lime Salad

WEDNESDAY: BBQ Baked Beans, Steamed Carrots

THURSDAY: Roasted Zucchini, Basil Corn Salad

FRIDAY: Steamed Broccoli, Ginger Carrot Salad

SUPERFOODS

MONDAY: Super Salads: Garden or Spicy Buffalo Chicken

TUESDAY: Smoothie Bowls: Tropical or Banana Berry

WEDNESDAY: Grain Bowls: Tokyo Teriyaki or The Garden

THURSDAY: Wraps and Flatbreads: Turkey Cheddar Ranch or Classic Ham and Cheese

FRIDAY: Super Salads: Garden or Chicken Caesar

SAUCE IT UP! Spicy Cool Sauce: Spicy sriracha meets cool, creamy mayonnaise Spicy K Sauce: Classic Ketchup- with a kick!



EVERYDAY: Variety of Fresh Fruits and Canned Fruits

MONDAY: Garden Salad/Aztec Corn/Cucumber Coins

TUESDAY: Caesar Salad,/Zucchini Coins/Broccoli Florets

WEDNESDAY: Super Salad/Black Beans/Baby Carrots

THURSDAY: Caesar Salad/Zucchini Coins/Chilled Corn

FRIDAY: Spinach Salad/Broccoli Florets/Ginger Carrot Salad