







Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>1) Hot Dog on a Bun 2) Ham & Cheese Sandwich 3) Fruit and Cheese Plate V</p>	<p>2</p> <p>1) Muchos Nachos V 2) Buffalo Chicken Sandwich 3) Caesar Salad with or w/o Chicken V</p>	<p>3</p> <p>1) Pizza Day! V 2) Italian Sub 3) Bagel Fun Lunch V</p>	<p>4</p> <p>1) Grilled Cheese Sandwich V 2) Sunbutter & Jelly V 3) ZeeZee Fun Lunch V</p>
<p>7</p> <p>1) Turkey and Cheese Panini 2) Chicken Ranch Wrap 3) Muffin Fun Lunch V</p>	<p>8</p> <p>1) Cheese Quesadilla V 2) Ham & Cheese Sandwich 3) Fruit and Cheese Plate V</p>	<p>9</p> <p>1) Burger Day! V 2) Buffalo Chicken Sandwich 3) Caesar Salad with or w/o Chicken V</p>	<p>10</p> <p>1) Pizza Day! V 2) Italian Sub 3) Bagel Fun Lunch V</p>	<p>11</p> <p>1) French Toast Sticks V 2) Sunbutter & Jelly V 3) ZeeZee Fun Lunch V</p>
<p>14</p> <p>1) Meatball Sub 2) Chicken Ranch Wrap 3) Muffin Fun Lunch V</p>	<p>15</p> <p>Chef's Smorgasbord</p> 	<p>16</p> <p>Last Day of School Only Breakfast will be served No Lunches</p>	<p>Grab and Go (Remote) meal service ends 6/16/21 and will resume 7/7/21</p>	
<p>Stay Active!</p> 	<p>Laugh Lots!</p> 	<p>Be Gratefull!</p> 	<p>Eat Well!</p> 	<p>Have Fun!</p> 
	<p>Menu Subject to Change Without Notice</p>	<p>PLEASE NOTE: If you have a food allergy please contact the Nutrition Services Department before purchasing a meal "V" is or can be made vegetarian</p>	<p>Questions or Comments? Contact Lisa Beaudin, Director of Nutrition Services (508) 881-0165 lbeaudin@ashl.k12.ma.us</p>	<p>Breakfast Anyone? You know it is the most important meal of the day so don't skip it! We serve breakfast every day at all schools. Check it out!</p>

Meals are served with cold milk, fruit and vegetables

ALL MEALS ARE FREE THIS SCHOOL YEAR!

If you would like meals for remote days please visit our website to sign up

<http://www.ashland.k12.ma.us/nutrition-services>

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