

Vegetable of the Month SQUASH



Did you know...

- There are two main categories of squash: winter squash and summer squash. Winter squashes – such as butternut, acorn and spaghetti squash – have a hard outer skin. Summer squashes – such as zucchini and pattypan squash – have a soft skin that is easily cut with your fingernail.
- Squash originated in Mexico and Central America, and has been grown by Native Americans in the US for over 500 years.
- Squash is a great source of fiber, vitamin A, vitamin C, potassium and folate.
- Eating squash is good for healthy skin, vision, and bone strength.
- The flesh is the most nutritious part of winter squash, but the skin is the most nutritious part of summer squash.

Look for squash on our menu on February 7th, 9th, and 14th.

Food Services is Hiring

Do you enjoy working with kids? Do you enjoy cooking? Are you looking for a job with morning and lunch hours? If so, then Brookline School Food Services might have a job for you.

We are currently hiring Cafeteria Helpers. School locations and hours vary, but all positions begin in the morning and finish at 1:30 PM, Monday-Friday.

If you are interested, please send a cover letter and resume to Sonya Elder. (Contact information is listed on this page.)



AVAILABLE DAILY

Breakfast

Assorted cold items including:
Bagels from Finagle-a-Bagel, Cereal,
Yogurt Parfait, Fruit, Juice, Milk

Lunch

PB&J Sandwich on Whole Wheat Bread
Assorted Finagle-a-Bagel Bagels with
Yogurt or String Cheese
Fresh Vegetables with Ranch Dip
Assorted Fresh Fruit

All meals come with choice of skim or
1% milk. Soy milk is available
a la carte or as a substitute for cow's
milk with medical documentation.

Department of Food Services
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Brookline, MA 02445
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Sonya Elder, PhD, Director
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Joanne Conneely, Office Manager
joanne_conneely@brookline.k12.ma.us

Kitchen Managers (Area Code: 617)

Mrs. Foote, Baker	879-4511
Mrs. Paula, Devotion	879-4429
Ms. Gojak, Driscoll	879-4266
Mrs. Petroski, Heath	879-4550
Mrs. Feltz, Lawrence	879-4310
Mr. Foote, Lincoln	879-4610
Mrs. Kantardzic, Pierce	730-2488
Mrs. Twomey, Runkle	879-4679

Find this menu and other information on our
website: www.brookline.k12.ma.us
Look under "I am a Parent of an Enrolled Student"

PLEASE PRE-PAY YOUR STUDENT'S MEALS

Give checks or cash (minimum of \$5) to your Kitchen Manager in an envelope with your child's name and keypad number on the outside. Envelopes can be found in the school cafeteria.

Or pay online at www.paypams.com (\$1.95 transaction fee applies). You may check your student's balance for free.

Please keep a positive balance in your child's account!

Cash is not accepted in the cafeteria.

PRICES

K-8 Lunch

Students:	Full Price: \$3.00	Reduced Price: \$0.40
Adults:	\$3.75	

K-8 Breakfast

Students:	Full Price: \$1.25	Reduced Price: \$0.30
Adults:	\$1.50	

Milk, a la carte 8 oz.	\$0.50	A la carte snacks are also
Milk, a la carte 10 oz.	\$0.75	available at some schools.









MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Featured Breakfast	All breakfasts include milk and choice of fruit and/or juice.				
	Pancakes	Breakfast Sandwich	Waffles	Scrambled Eggs with English Muffin	French Toast
Jan 30-Feb 3 Featured Lunch Specials Sides	 Macaroni & Cheese* 30 Turkey Wrap with (nut-free) Pesto Mayo Greek Salad with Mint and Pita Bread* Mixed Vegetables* Garden Vegetable Soup*	Fish Sticks 31 Tuna Salad on WW Bread Salad with Hummus, Feta Cheese and Pita Bread* Brown Rice Pilaf* Broccoli with Lemon Zest*	Oven Baked Chicken 1 Grilled Cheese on WW Bread* Chicken Caesar Salad Sautéed Green Beans* Mashed Red Bliss Potatoes*	<i>LOCAL, ALL-NATURAL B.GOOD</i> 2 Hamburger/Cheeseburger or GardenBurger* on WW Bun Egg Salad on WW Bread* Sesame Noodle Salad with Edamame* Oven Baked Sweet Potato Fries*	Home Style Pizza 3 Cheese* ^G or Specialty Tossed Salad with Assorted Dressings* Jello
Feb 6-10 Featured Lunch Specials Sides	 SUPERBOWL MONDAY 6 Teriyaki or BBQ Chicken Wings Turkey Wrap with (nut-free) Pesto Mayo Greek Salad with Mint and Pita Bread* Corn on the Cob*, Dinner Roll*	American Chop Suey 7 Seafood Salad on WW Bread Salad with Hummus, Feta Cheese and Pita Bread* Winter Vegetable Medley*	 Vegetarian Chili with Tortilla Chips* 8 Grilled Cheese on WW Bread* Chicken Caesar Salad Organic Yogurt Parfait*	Meatball Sub 9 Egg Salad on WW Bread* Sesame Noodle Salad with Edamame* Chicken Noodle Soup Roasted Summer Squash*	Home Style Pizza 10 Cheese* ^G or Specialty Tossed Salad with Assorted Dressings* Pudding*
Feb 13-17 Featured Lunch Specials Sides	Spaghetti with Plain* 13 or Meat Sauce Turkey Wrap with (nut-free) Pesto Mayo Greek Salad with Mint and Pita Bread* Green Beans* Garlic Bread*	Brunch Buffet  14 Turkey Sausage & Cheese Quesadillas or Scrambled Eggs* with Pancakes* Tuna Salad on WW Bread Salad with Hummus, Feta Cheese and Pita Bread* Butternut Squash* Whole Grain Valentine Cookie*	 Pasta Primavera* 15 Grilled Cheese on WW Bread* Chicken Caesar Salad Fresh Fruit* Tomato Soup*	<i>LOCAL, ALL-NATURAL B.GOOD</i> 16 Hamburger/Cheeseburger or GardenBurger* on WW Bun Egg Salad on WW Bread* Sesame Noodle Salad with Edamame* Oven Baked Carrot Fries*	Papa Gino's Pizza: 17 Cheese* ^G or Pepperoni Tossed Salad with Assorted Dressings* Jello
Feb 20-24	20	21	22	23	24
 February Vacation – No School 					
Feb 27-Mar 2 Featured Lunch Specials Sides	 Baked Ziti* 27 Turkey Wrap with (nut-free) Pesto Mayo Greek Salad with Mint and Pita Bread* Carrots & Peas*, Garlic Bread*	Pineapple Sweet & Sour 28 Chicken Seafood Salad on WW Bread Salad with Hummus, Feta Cheese and Pita Bread* Fried Rice* Broccoli*	BBQ Pulled Pork 29 Grilled Cheese on WW Bread* Chicken Caesar Salad Cinnamon Carrot Salad* Roasted Corn Couscous*	Chicken or Cheese* 1 Quesadilla Egg Salad on WW Bread* Sesame Noodle Salad with Edamame* Zucchini & Diced Tomatoes* Minestrone Soup*	Home Style Pizza 2 Cheese* ^G or Specialty Tossed Salad with Assorted Dressings* Pudding*

Daily options are listed on page 1. All meals come with choice of skim or 1% milk. 'G'=Available as gluten-free, call to order.  Make It Meatless! – We feature one vegetarian entrée per week.
*Indicates dishes that are lacto-ovo vegetarian. WW = whole wheat. Menu is subject to change based on availability.