

# Masconomet Regional Menu: May 17 to May 21



**V** = Vegetarian

**S** = Smart Choices Healthy Entree

MONDAY 17th

TUESDAY 18th

WEDNESDAY 19th

THURSDAY 20th

FRIDAY 21st

 	<p>Turkey BLT Panini</p> <p><i>Sliced turkey, bacon, lettuce and tomato on a wheat wrap.</i></p>	<p>South of the Border Panini</p> <p><i>Chicken tenders, bacon, lettuce, tomato and salsa on a flour tortilla.</i></p>	<p>Italian Stallion</p> <p><i>Sliced ham, salami, pepperoni tomato, mozzarella, lettuce and Italian dressing on Panini bread.</i></p>	<p>Chicken Club Panini</p> <p><i>Grilled chicken, turkey bacon, lettuce, tomato and mayo on whole wheat wrap.</i></p>	<p>American Hero Panini</p> <p><i>Turkey, bologna, ham, American cheese, lettuce, tomatoes, and mayo on a club roll.</i></p>
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**AVAILABLE DAILY:** Turkey, Salami, Ham, Roast Beef; American, Swiss, Provolone and Low-fat Mozzarella Cheese; Whole Wheat and White Bread, Club Rolls; Whole Wheat, Regular and Flavored Wraps; Assorted toppings.

	<p>Taco Pizza</p> <p><i>Fresh whole grain dough, lightly brushed with garlic and oil, topped seasoned ground beef, salsa, and low fat mozzarella cheese</i></p>	<p>Buffalo Chicken Pizza Pops</p> <p><i>Fresh whole grain dough, lightly brushed with garlic and oil, filled with buffalo chicken, ranch dressing and low fat mozzarella cheese.</i></p>	<p>Barbecue Chicken and Sausage Pizza</p> <p><i>Fresh whole grain dough, lightly brushed with garlic and oil, topped with barbecue chicken, Italian sausage and low fat mozzarella cheese.</i></p>	<p>Meat Lovers Calzones</p> <p><i>Fresh whole grain dough, lightly brushed with garlic and filled with meatballs, Italian sausage, pepperoni, homemade pizza sauce and low fat mozzarella cheese.</i></p>	<p>Marguerita Pizza</p> <p><i>Fresh individual whole grain pizzas lightly brushed with garlic and oil and topped with fresh tomatoes, fresh basil and low fat mozzarella.</i> <b>V</b></p>
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**AVAILABLE DAILY:** Plain and Pepperoni Pizza by the slice, featuring whole grain pizza dough

	<p>Stuffed Shells</p> <p><i>Cheese stuffed shells topped with homemade marinara, and mozzarella. Served with meatballs and breadstick.</i></p>	<p>Baked Potato Bar</p> <p><i>Baked Idaho potatoes served with choice of toppings: BBQ chicken, cheese sauce, mixed veggies, black beans, bacon, chopped meatballs and/or sour cream</i></p>	<p>Turkey Lo Mein</p> <p><i>Fresh turkey with whole grain noodles, carrots, broccoli, mushrooms, onions, and scallions, in a savory Asian sauce. Served with egg roll.</i></p>	<p>Baked Meatball Grinders</p> <p><i>Beef meatballs in homemade marinara sauce in cub roll. Topped with Mozzarella and baked. Served with French fries</i></p>	<p>Brunch for Lunch</p> <p><i>Pancakes with Blueberry syrup or Bagel Ham &amp; Egg Sandwiches served with sausage links and tater tots.</i></p>
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	<p>A daily assortment of Nachos &amp; Tacos served with Mexi-Beef, Fajita Chick, Nacho cheese, Pico de Gallo, refried beans, Mexi-Rice, cheddar, lettuce, salsa and sour cream.</p>	<p>A daily assortment of Nachos &amp; Tacos served with Mexi- Beef, Fajita Chicken, Nacho cheese, Pico de Gallo, refried beans, Mexi-Rice, cheddar, lettuce, salsa and sour cream.</p>	<p>A daily assortment of Nachos &amp; Tacos served with Mexi- Beef, Fajita Chicken, Nacho cheese, Pico de Gallo, refried beans, Mexi-Rice, cheddar, lettuce, salsa and sour cream.</p>	<p>A daily assortment of Nachos &amp; Tacos served with Mexi- Beef, Fajita Chicken, Nacho cheese, Pico de Gallo, refried beans, Mexi-Rice, cheddar, lettuce, salsa and sour cream.</p>	<p>A daily assortment of Nachos &amp; Tacos served with Mexi- Beef, Fajita Chicken, Nacho cheese, Pico de Gallo, refried beans, Mexi-Rice, cheddar, lettuce, salsa and sour cream.</p>
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**AVAILABLE DAILY:** Crunchy or Soft Tacos and Nacho Chips w/ combination of toppings

 	<p>Cheese Quesadilla</p> <p>Specialty Quesadilla</p>	<p>Cheese Quesadilla</p> <p>Specialty Quesadilla</p>	<p>Cheese Quesadilla</p> <p>Specialty Quesadilla</p>	<p>Cheese Quesadilla</p> <p>Specialty Quesadilla</p>	<p>Cheese Quesadilla</p> <p>Specialty Quesadilla</p>
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**AVAILABLE DAILY:** Hamburgers, Cheeseburgers, Turkey Burgers & Veggie Burgers.

**CHEF PRODUCTIONS** Enticing Homestyle Cuisine

**Pasta Bar Offered Daily**  
*Includes: Plain or Whole Wheat Pasta with Choice of Sauce Tossed Salad and Dinner Roll*

	<p>Pasta salad with Tuna</p>	<p>Potato Salad <b>V</b></p>	<p>Cheese Tortellini Salad <b>V</b></p>	<p>Coleslaw <b>V</b></p>	<p>Hummus <b>V</b></p>
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**MEAL PRICE INCLUDES:** PROTEIN CHOICE, FRESH VEGETABLE CHOICE, FRESH FRUIT CHOICE, BREAD CHOICE AND MILK CHOICE (1% LOW-FAT MILK, SKIM MILK OR 1% LOW-FAT CHOCOLATE MILK)

**AVAILABLE DAILY WITH SALAD LUNCH:** PROTEIN CHOICE, WHOLE GRAIN DINNER ROLL OR BREADSTICK, FRUIT CHOICE & MILK CHOICE