



Gates Middle & Scituate High School - Scituate Public Schools

December - Winter is Here!

Celebrate & Support each other always in All Ways!



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Monday Tuesday Wednesday Thursday Friday

*****We will continue to provide all Scituate students with ONE free meal at lunch. To purchase second meals and a la carte items, students must have money in hand, or on their POS accounts, in order to do so. There will be absolutely NO CHARGING ON ACCOUNT.*****

| | 28-Nov | 29 - School Garden & Holly Hill | 30-Nov | 1 | 2 |
|-------------------|--|---|--|--|---|
| Hot Choice | Chicken Tenders with Sweet Potato Fries and all the sauces | Grilled Chicken with Garden Grown Roasted Potatoes & Garlic Bread | Macaroni & Cheese with Peas & a Breadstick | Chef Flavored Chicken Rice Bowl with Veggies & appropriate fixings | Pizza Day with Vegetable & Fruit Choices |
| Deli | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips |
| | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Celery | Uncrustable, Chips, Fruit |
| Salad | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins |
| | 5 | 6 | 7 | 8 - Gates Early Release | 9 |
| Hot Choice | Chicken Patty Sandwich Chips & Vegetables | Burger Bar with Assorted Chips, Lettuce, Tomato & Onion | Cheese Raviolis with Green Beans, and a Dinner Roll | Bacon, Egg & Cheese Sandwich with Tots & choice of Fruit | Pizza Day with Vegetable & Fruit Choices |
| Deli | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips |
| | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit |
| Salad | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins |
| | 12 | 13 | 14 | 15 | 16 |
| Hot Choice | Chicken Tenders with Sweet Potato Fries and all the sauces | Meatball Subs with Steamed Vegetables | Chicken, Broccoli Ziti with Broccoli & a Dinner Roll | Chicken & Cheddar Subs with Peppers, Onions & Chips | Pizza Day with Vegetable & Fruit Choices |
| Deli | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips |
| | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit |
| Salad | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins |
| | 19 | 20 | 21 | 22 | 23 |
| Hot Choice | Chicken Patty Sandwich Chips & Vegetables | Breakfast for Lunch! French Toast with Sausage, Tots & Fruit | Pasta with Meat Sauce with Peas & a Dinner Roll | Hot Dogs with Beans, Goldfish & Vegetables | Pizza Day with Vegetable & Fruit Choices |
| Deli | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips | Assorted Sandwiches/Wraps with Chips |
| | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit | Uncrustable, Chips, Fruit |
| Salad | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins | Assorted Salads with Proteins |
| | 26 | 27 | 28 | 29 | 30 |
| Hot Choice | No School | No School | No School | No School | No School |
| Deli | December Vacation | December Vacation | December Vacation | December Vacation | December Vacation |
| | | | | | |
| Salad | | | | | |

USDA Waiver ***The USDA and MA State Government extended various waivers that allow schools to serve free meals to ALL students, through 6/30/23. We are thrilled with this news as it means that we will be able to provide all Scituate students with the option of nutritious food for free that will support them, both in school and at home.***

ALLERGIES ***Students with Allergies*** - All students eating lunch in school will be asked if they have any allergies before choosing a meal. Students/families with allergies must be responsible for monitoring meal consumption in order to maintain safety.

Questions, Comments or Concerns?

Food Services Director: David Stevens

781-545-8750 ext. 11144 / or dstevens@scit.org

*A full student lunch includes an entrée supplying protein and grain, assorted fruits, assorted vegetables, and a milk. Milk choices include 1%, and chocolate.

*All students receive 1 free meal at no charge

*Additional meals will be at retail costs.

\$2 Breakfast / \$3 Lunch