

# January 2019

## Winnisquam Elementary Schools



Meal Prices  
 Student Lunch: \$ 2:55  
 Student Reduced Lunch: \$ .40  
 Adult or Guest: \$ 3.60



All of our School meals are all prepared fresh daily and include fresh fruits and vegetables sourced from local farms. We also offer a variety of 100% fruit juice & high quality Hood 1% & fat free flavored milk. Meals are Subject to change. USDA is an equal opportunity provider & employer.

### Monday



**7**  
 Cheese Burger Sub  
 Lettuce & Tomato  
 Oven Fries  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**14**  
 Whole Grain Nacho Chips  
 Seasoned Ground Beef  
 Lettuce & Tomato  
 Cheddar Cheese Sauce/Salsa  
 Veggie Sticks / Fresh Apples  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

**21**  
 Martin Luther King Day

**28**  
 Hot Dog In A Bun  
 Vegetarian Baked Beans  
 Broccoli Salad  
 Fresh Apples  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

### Tuesday

**1**  
 Holliday

**8**  
 Crispy Chicken Sandwich  
 Lettuce & Tomato  
 Tater Tots & Veggie Sticks  
 Assorted Fresh Fruit  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

**15**  
 Tuna or Turkey on Wg Bulky  
 Lettuce & Tomato  
 Oven Fries  
 Veggie Sticks w/ Dip  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**22**  
 Meatball Sub  
 Mixed Green Salad  
 Fresh Apples  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**29**  
 Ham & Cheese On a Bulky  
 Mixed Green Salad  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

### Wednesday

**2**  
 Cheeseburger On a Bun  
 Lettuce & Tomato  
 Potato Wedge  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**9**  
 Grilled Cheese Sandwich  
 Tomato Soup  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**16**  
 American Chop Suey  
 Whole Wheat Roll  
 Tossed Salad  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**23**  
 Chicken Nuggets  
 Brown Rice  
 Broccoli  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**30**  
 Sloppy Joe on A Bun  
 Carrots  
 Potato Wedges  
 Assorted Fresh Fruit  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

### Thursday

**3**  
 Gillis Pizza  
 Mixed Green Salad  
 Chick Pea Salad  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**10**  
 Gillis Pizza  
 Mixed Green Salad  
 Black Bean Salad  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**17**  
 Gillis Pizza  
 Mixed Green Salad  
 Chick Pea Salad  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**24**  
 Gillis Pizza  
 Mixed Green Salad  
 Black Bean Salad  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

**31**  
 Gillis Pizza  
 Mixed Green Salad  
 Chick Pea Salad  
 Fruit Cup  
 Or  
 Yogurt Alternate Lunch  
 Alternate Sunbutter Sand

### Friday

**4**  
 BBQ Pulled Pork On A Bun  
 Potato Wedges Cajun  
 Coleslaw  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch  
 Assorted Fresh Fruit

**11**  
 WG French Toast Sticks  
 Sausage Link  
 Hash Brown  
 Assorted Fresh Fruit  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

**18**  
 Teachers Workshop

**25**  
 Waffle Sticks  
 Sausage Link  
 Hash Brown  
 Assorted Fresh Fruit  
 Or  
 Alternate Sunbutter Sand  
 Yogurt Alternate Lunch

