

January 2019

Winnisquam High School



Meal Prices
 Student Lunch: \$ 2.85
 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. USDA is an equal opportunity provider & employer.

Monday



Tuesday

Wednesday

Thursday

Friday

Vacation **1**

Choose One Salad Bar - Deli Bar **2**
 Or
 Ham and Cheese Croissant
 Potato Wedges
 Veggie Sticks w/ Dip
 Assorted Fresh Fruit

Choose One Salad Bar - Deli Bar **3**
 Or
 Cheese Burger on a Bun
 Lettuce & Tomato
 Tater Tots
 Assorted Fresh Fruit

Choose One Salad Bar - Deli Bar **4**
 Or
 Gillis Pizza
 Caesar Salad
 Chick Pea Salad
 Assorted Fresh Fruit

Choose One Salad Bar - Deli Bar **7**
 Or
 Hot Dog In A Bun
 Potato Salad
 Veggie Sticks w/ Dip
 Fruit Cup

Choose One Salad Bar - Deli Bar **8**
 Or
 Southern Popcorn Chicken Bowl
 Mashed, Corn, Gravy & Cheddar
 Whole Wheat Roll
 Fresh Fruit

Choose One Salad Bar - Deli Bar **9**
 Or
 Penne Pasta and Meat Sauce
 Tossed Salad
 Whole Wheat Roll
 Mixed Fruit

Choose One Salad Bar - Deli Bar **10**
 Or
 Wg Nachos with Ground Beef
 Cheese Sauce
 Lettuce, Tomato & Salsa
 Fruit Cup

Choose One Salad Bar - Deli Bar **11**
 Or
 Gillis Pizza
 Mixed Green Salad
 Assorted Fresh Fruit

Choose One Salad Bar - Deli Bar **14**
 Or
 Meatball Sub
 Mozzarella Cheese
 Mixed Green Salad
 Assorted Fruit

Choose One Salad Bar - Deli Bar **15**
 Or
 Grilled Cheese Sandwich
 Tomato Soup
 Veggie Sticks
 Assorted Fresh Fruit

Choose One Salad Bar - Deli Bar **16**
 Or
 Cheese Burger Sub
 Lettuce & Tomato
 Oven Fries
 Fruit Cup

Choose One Salad Bar - Deli Bar **17**
 Or
 Gillis Pizza
 Mixed Green Salad
 Assorted Fresh Fruit

Teacher Workshop **18**

Martin Luther King Day **21**

Choose One Salad Bar - Deli Bar **22**
 Or
 Crispy Chicken Sandwich
 Lettuce & Tomato
 Potato Wedges Cajun
 Veggie Sticks
 Fruit Cup

Choose One Salad Bar - Deli Bar **23**
 Or
 BBQ Pulled Pork On A Bun
 Vegetarian Baked Beans
 Coleslaw
 Fruit Cup

Choose One Salad Bar - Deli Bar **24**
 Or
 Chicken Broccoli Alfredo
 Dinner Roll
 Carrot Sticks
 Assorted Fresh Fruit

Choose One Salad Bar - Deli Bar **25**
 Or
 Gillis Pizza
 Caesar Salad
 Assorted Fresh Fruit

Choose One Salad Bar - Deli Bar **28**
 Or
 Super Soft Taco
 Brown Rice
 Lettuce, Tomato & Salsa
 Assorted Fresh Fruit

Choose One Salad Bar - Deli Bar **29**
 Or
 Shepherd's Pie
 Dinner Roll
 Veggie Sticks
 Assorted Fresh Fruit

Choose One Deli Bar Salad Bar - Deli Bar **30**
 Or
 Chef's Special
 Side Dishes
 Assorted Fruit

CHICKEN STIR-FRY
BROWN RICE PILAF
 Side Salad
 Broccoli
 Assorted Fresh Fruit **31**

