

January 2019

Winnisquam Middle School

LUNCH



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. We Now offer Alternate meals of Sunbutter Sandwich USDA is an equal opportunity provider & employer.

Monday



Choose One Salad Bar - Deli Bar Or
 Ham and Cheese Croissant
 Garlic Parm Potato Tots
 Veggie Sticks w/ Dip
 Assorted Fresh Fruit

Tuesday

Vacation

Wednesday

Choose One Salad Bar - Deli Bar Or
 Rotini Pasta and Meat Sauce
 Whole Wheat Roll
 Broccoli
 Assorted Fresh Fruit

Thursday

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

Friday

Choose One Salad Bar - Deli Bar Or
 Cheeseburger
 Tater Tots
 Veggie Sticks
 Assorted Fresh Fruit
 Fruit Cup

Choose One Salad Bar - Deli Bar Or
 Crispy Chicken Sandwich
 Veggie Sticks w/ Dip
 Lettuce & Tomato
 Sweet Potato FF
 Fresh Apples

Choose One Salad Bar - Deli Bar Or
 Mexi Beef Bowl
 Lettuce & Tomato
 Salsa
 Fruit Cup

Choose One Salad Bar - Deli Bar Or
 Chicken Broccoli Alfredo
 Whole Wheat Roll
 Veggie Sticks
 Fruit Cup

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

Teachers Workshop

Martin Luther King Day

Choose One Salad Bar - Deli Bar Or
 WG French Toast Sticks
 Sausage Link
 Hash Brown & Veggie Sticks
 Assorted Fresh Fruit

Choose One Salad Bar - Deli Bar Or
 American Chop Suey
 Whole Wheat Roll
 Broccoli
 Assorted Fresh Fruit

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

Choose One Salad Bar - Deli Bar Or
 Whl Grain Nachos w/ Ground Beef
 Lettuce, Tomato & Salsa
 Veggie Sticks
 Assorted Fresh Fruit

Choose One Salad Bar - Deli Bar Or
 Cheese Burger Sub
 Lettuce & Tomato
 Pasta Salad
 Fresh Fruit

Choose One Salad Bar - Deli Bar Or
 Popcorn Chicken Bowl
 Mashed Potato
 Corn, Gravy & Cheddar
 Dinner Roll
 Fresh Apples

Choose One Salad Bar - Deli Bar Or
 Super Soft Taco
 Lettuce, Tomato & Salsa
 Black Bean Salad
 Fresh assorted Fruit

Choose One Salad Bar - Deli Bar Or
 Grilled Cheese Sandwich
 Tomato Soup
 Veggie Sticks
 Fruit Cup

