

# DECEMBER 2021

## Winnisquam High School



Meal Prices  
 Student Lunch: Free  
 Student Reduced Lunch: Free  
 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

Choose One  
 Salad Bar - Deli Bar **6**  
 Or  
 Nachos w/ Ground Beef  
 Cheese Sauce  
 Lettuce-Tomato- Salsa  
 Black Bean Salad & Fruit Cup

Choose One  
 Salad Bar - Deli Bar **7**  
 Or  
 Penne Pasta and Meat Sauce  
 Steamed Broccoli  
 Whole Grain Roll  
 Mixed Fruit

Choose One  
 Salad Bar - Deli Bar **8**  
 Or  
 Grilled Ham & Cheese  
 Homemade Tomato Soup  
 WG Crackers  
 Fruit Cup

Choose One  
 Salad Bar - Deli Bar **9**  
 Or  
 Roast Pork Dinner  
 Mashed Potato - Buttered Corn  
 Whole Grain Roll  
 Assorted Fresh Fruit

Choose One  
 Salad Bar - Deli Bar **10**  
 Or  
 Open Face Roast Pork - Gravy  
 Mashed Potato  
 Whole grain toast - Corn  
 Assorted Fresh Fruit

Choose One  
 Salad Bar - Deli Bar **13**  
 Or  
 Cheeseburger  
 Lettuce & Tomato  
 Oven Fries  
 Fruit Cup

Choose One  
 Salad Bar - Deli Bar **14**  
 Or  
 Ham and Cheese Croissant  
 Veggie Sticks w/ Dip  
 Assorted Fresh Fruit

Choose One  
 Salad Bar - Deli Bar **15**  
 Or  
 Chicken Nuggets  
 Oven Fries  
 Veggie Bar Assorted  
 Fruit Cup

Choose One  
 Salad Bar - Deli Bar **16**  
 Or  
 BBQ Beef Wrap - Cheddar Cheese  
 Lettuce & Tomato  
 Tater Tots  
 Veggie Bar Assorted & Fruit Cup

Choose One  
 Salad Bar - Deli Bar **17**  
 Or  
 Gills Pizza  
 Caesar Salad  
 Chick Pea Salad  
 Assorted Fresh Fruit

Choose One  
 Salad Bar - Deli Bar **20**  
 Or  
 Southern Chicken Bowl  
 Whole Grain Roll  
 Fruit Cup

Choose One  
 Salad Bar - Deli Bar **21**  
 Or  
 Chef's Special  
 Side Dishes  
 fresh Apples

Choose One  
 Salad Bar - Deli Bar **22**  
 Or  
 Chef's Special  
 Side Dishes  
 Fresh Fruit

Vacation **23**

Vacation **24**

Vacation **27**

Vacation **28**

Vacation **29**

Vacation **30**

Vacation **31**