

May 2021

Winnisquam High School

LUNCH



Meal Prices
Student Lunch: Free
Student Reduced Lunch: Free
Adult or Guest: \$ 3.60 Milk .50



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

Choose One
Salad Bar - Deli Bar **3**
Or
Sloppy Joe on a Bun
Oven Fries
Veggie Sticks w/ Dip
Fruit Cup

Choose One
Salad Bar - Deli Bar **10**
Or
BBQ Chicken Sandwich
Baked Potato Chips
Tossed Salad
Fruit Cup

Salad Bar - Deli Bar **17**
Or
Grilled Hot Dog
Vegetarian Baked Beans
Veggie Sticks
Fruit Cup

Choose One
Salad Bar - Deli Bar **24**
Or
Crispy Chicken Sandwich
Lettuce & Tomato
Potato Wedges Cajun
Veggie Sticks w/ Dip
Fruit Cup

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Memorial Day

Tuesday

Choose One
Salad Bar - Deli Bar **4**
Or
Chicken Broccoli Alfredo
Over Penne Pasta
Whole Grain Dinner Roll
Fruit Cup

Choose One
Salad Bar - Deli Bar **11**
Or
Roast Pork Dinner
Brown Rice
Broccoli
Whole Wheat Roll
Assorted Fresh Fruit

Choose One
Salad Bar - Deli Bar **18**
Or
General TSO Chicken
Steamed Broccoli
Brown Rice
Fruit Cup

Salad Bar - Deli Bar **25**
Or
Grilled Cheese
Sandwich
WG Goldfish Crackers
Tomato Soup
Fruit Cup

Wednesday

Choose One
Salad Bar - Deli Bar **5**
Or
Rib Que Sandwich
Pickles & Cheddar Cheese
Oven Fries
Veggie Sticks w/ Dip
Fruit Cup

Choose One
Salad Bar - Deli Bar **12**
Or
Cheeseburger
Lettuce & Tomato
Oven Fries
Fruit Cup

Choose One
Salad Bar - Deli Bar **19**
Or
Breakfast Sandwich
Hash Browns
Veggie Bar Assorted
Fruit Cup

Choose One
Salad Bar - Deli Bar **26**
Or
Ham & Cheese On a Bulky
Pasta Salad
Veggie Sticks w/ Dip
Assorted Fresh Fruit

Thursday

Choose One
Salad Bar - Deli Bar **6**
Or
Shepherd's Pie
Dinner Roll
Veggie Sticks
Fruit Cup

Choose One
Salad Bar - Deli Bar **13**
Or
Chicken Fajita Wrap
Peppers – Onions - Salsa
Cheddar Cheese
Brown Rice
Fruit Cup

Salad Bar - Deli Bar **20**
Or
Homemade Meatball Sub
Oven Fries
Fresh Tossed Salad
Fruit Cup

Choose One
Salad Bar - Deli Bar **27**
Or
BBQ Pulled Pork On A Bun
Vegetarian Baked Beans
Coleslaw
Fruit Cup

Friday

Choose One
Salad Bar - Deli Bar **7**
Or
Gillis Pizza
Caesar Salad
Chick Pea Salad
Assorted Fresh Fruit

Choose One
Salad Bar - Deli Bar **14**
Or
Gillis Pizza
Caesar Salad
Chick Pea Salad
Assorted Fresh Fruit

Choose One
Salad Bar - Deli Bar **21**
Or
Gillis Pizza
Caesar Salad
Chick Pea Salad
Assorted Fresh Fruit

Choose One
Salad Bar - Deli Bar **28**
Or
Gillis Pizza
Caesar Salad
Chick Pea Salad
Assorted Fresh Fruit

