

NOVEMBER 2021

Winnisquam High School

LUNCH



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 **1**
 Or
 BBQ Chicken Wrap - Cheddar Cheese
 Lettuce, Tomato & Brown Rice
 Oven Fries
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **2**
 Or
 General TSO Chicken
 Brown Rice
 Steamed Broccoli
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **3**
 Or
 Grilled Cheese Sandwich
 Tomato Soup & WG Goldfish Crackers
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **4**
 Or
 Cheeseburger
 Lettuce & Tomato
 Oven Fries
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **5**
 Or
 Gills Pizza
 Caesar Salad
 Black Bean Salad
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **8**
 Or
 American Chop Suey
 Green Beans
 Garlic Bread
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **9**
 Or
 Cheese Burger Sub Cheddar Cheese
 Lettuce & Tomato
 Oven Fries
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **10**
 Or
 Chicken Broccoli Alfredo
 Brown Rice
 Fruit Cup

Veterans Day **11**

Choose One
 Salad Bar - Deli Bar **12**
 Or
 Gills Pizza
 Caesar Salad
 Black Bean Salad Assorted Fresh
 Fruit

Choose One
 Salad Bar - Deli Bar **15**
 Or
 Ham and Cheese Croissant
 Veggie Sticks w/ Dip
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **16**
 Or
 Mexi Beef Bowl
 Brown Rice – Cheddar Cheese
 Lettuce, Tomato & Salsa
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **17**
 Or
 Crispy Chicken Sandwich
 Lettuce & Tomato – Baked Chips
 Veggie Sticks w/ Dip
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **18**
 Or
 Turkey Dinner - Mashed Potato
 Whole Grain Roll – Fresh Squash
 Cranberry Sauce
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **19**
 Or
 Open Face Turkey
 Corn - Mashed Potatoes
 Whole Grain Dinner Roll
 Fruit Cup

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

Choose One
 Deli Bar - Salad Bar **23**
 Or
 Chef's Special
 Side Dishes
 Fresh Fruit

Holiday Break **24**

Holiday Break **25**

Holiday Break **26**

Choose One
 Salad Bar - Deli Bar **29**
 Or
 BBQ Pulled Pork on a Bun
 Baked Beans
 Homemade Coleslaw
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **30**
 Or
 Shepherd's Pie
 Whole Grain Dinner Roll
 Fruit Cup

