

NOVEMBER 2021

Winnisquam Middle 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

Choose One
Salad Bar - Deli Bar **1**
Or
BBQ Pulled Pork on a Bun
Baked Beans & Coleslaw
Assorted Fresh Fruit

Choose One
Salad Bar - Deli Bar **8**
Or
Nachos- Ground Beef-Cheddar Cheese
Lettuce, Tomato & Salsa
Veggie Bar
Assorted Fresh Fruit

Choose One
Salad Bar - Deli Bar **15**
Or
BBQ or Buffalo Chicken Wrap
Cheddar Cheese
Lettuce, Tomato & Brown Rice
Oven Fries & Fruit Cup

Choose One
Salad Bar - Deli Bar **22**
Or
Grilled Cheese Sandwich
Tomato Soup
Veggie Bar Assorted
Fruit Cup

Choose One
Salad Bar - Deli Bar **29**
Or
Cheese Burger Sub
Cheddar Cheese Sauce
Lettuce & Tomato
Oven Fries
Fruit Cup

TUESDAY

Choose One
Salad Bar - Deli Bar **2**
Or
Chicken Nuggets
Steamed Broccoli
Fruit Cup

Choose One
Salad Bar - Deli Bar **9**
Or
Southern Chicken Bowl
Corn - Mashed Potato - Gravy
Fruit Cup

Choose One
Salad Bar - Deli Bar **16**
Or
Turkey Dinner Mashed Potato
Stuffing - Whole Wheat Roll
Corn & Cranberry Sauce
Assorted Fresh Fruit

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

Choose One
Salad Bar - Deli Bar **30**
Or
Chicken Fajita Wrap Peppers &
Onions Brown Rice
Cajun Potato Wedges
Fruit Cup

WEDNESDAY

Choose One
Salad Bar - Deli Bar **3**
Or
Sloppy Joe on a Bun
Oven Fries
Veggie Bar Assorted
Fresh Fruit

Choose One
Salad Bar - Deli Bar **10**
Or
American Chop Suey
Whole Wheat Roll
Green Beans
Assorted Fresh Fruit

Choose One
Salad Bar - Deli Bar **17**
Or
Ham and Cheese Croissant
Hash Brown
Veggie Bar
Assorted Fruit Cup

Holiday Break **24**



THURSDAY

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

Veterans Day **11**

Choose One
Salad Bar - Deli Bar **18**
Or
Gills Pizza
Caesar Salad
Chick Pea Salad
Assorted Fresh Fruit

Holiday Break **25**

FRIDAY

Choose One
Salad Bar - Deli Bar **5**
Or
Chicken Broccoli Alfredo
Whole Grain Roll
Veggie Bar Assorted
Fruit Cup

Choose One
Salad Bar - Deli Bar **12**
Or
Gills Pizza
Caesar Salad
Chick Pea Salad
Assorted Fresh Fruit

Choose One
Salad Bar - Deli Bar **19**
Or
Cheeseburger
Lettuce & Tomato
Oven Fries
Fruit Cup

Holiday Break **26**

