

JANUARY 2022

Winnisquam Elementary Schools



Meal Prices

Student Lunch: Free
Student Reduced Lunch: Free
Adult or Guest: \$ 3.60



XTRA Meal Choices Lunch Box Meals Available Daily

Monday- Ham & Cheese
Tuesday- Flat Bread Pizza
Wednesday- Pepperoni & Cheese
Thursday- Turkey & Cheese
Friday- Bologna & Cheese

** All meals served with Fresh Fruit & Vegetables **

MONDAY

Cheeseburger
 Lettuce & Tomato
 Oven Fries
 Fruit Cup
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **3**

Mac & Cheese
 Green Beans
 Assorted Fresh Fruit
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **10**

17
 Martin Luther King Day

BBQ Pork Sandwich
 BBQ Baked Beans
 Veggie Bar Assorted
 Assorted Fruit
 Or
 Alternate Sunbutter Sand
 Yogurt Alternate Lunch **24**

TUNA SALAD Sandwich
 Baked Potato Chips
 Veggie Bar Assorted
 Fruit Cup
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **31**

TUESDAY

Chicken & Gravy
 Mashed Potato
 Corn
 Assorted Fresh Fruit
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **4**

Hot Dog in a Bun
 Vegetarian Baked Beans
 Veggie Bar Assorted
 Fruit Cup
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **11**

Soft Taco
 Lettuce, Tomato & Salsa
 Cheddar Cheese - Brown Rice
 Assorted Fresh Fruit
 Or
 Yogurt Alternate Lunch Alternate
 Sunbutter Sand **18**

Chicken Salad Sandwich
 Baked Potato Chips
 Veggie Bar Assorted
 Fruit Cup
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **25**



WEDNESDAY

Nachos Ground Beef
 Cheddar Cheese Sauce
 Lettuce, Tomato & Salsa
 Black Bean Salad - Assorted Fruit
 Or
 Alternate Sunbutter Sand
 Yogurt Alternate Lunch **5**

Shepherd's Pie
 Veggie Bar
 Assorted Fruit Cup
 Or
 Alternate Sunbutter Sand
 Yogurt Alternate Lunch **12**

Chicken Teriyaki Dippers
 Brown Rice
 Veggie Bar Assorted
 Fruit Cup
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **19**

American Chop Suey
 Broccoli
 Whole Grain Dinner Roll
 Assorted Fresh Fruit
 Or
 Alternate Sunbutter Sand
 Yogurt Alternate Lunch **26**



THURSDAY

Pizza
 Mixed Green Salad
 Chick Pea Salad
 Assorted Fresh Fruit
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **6**

Pizza
 Mixed Green Salad
 Chick Pea Salad
 Assorted Fresh Fruit
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **13**

Pizza
 Mixed Green Salad
 Chick Pea Salad
 Assorted Fresh Fruit
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **20**

Pizza
 Mixed Green Salad
 Chick Pea Salad
 Assorted Fresh Fruit
 Or
 Yogurt Alternate Lunch
 Alternate Sunbutter Sand **27**



FRIDAY

Ham & Cheese Sandwich
 Veggie Bar Assorted
 Assorted Fresh Fruit
 Or
 Alternate Sunbutter Sand
 Yogurt Alternate Lunch **7**

Grilled Cheese Sandwich
 Homemade Tomato Soup
 WG Goldfish Crackers
 Assorted Fresh Fruit
 Or
 Yogurt Alternate Lunch Alternate
 Sunbutter Sand **14**

WG French Toast Sticks
 Sausage Link
 Assorted Fresh Fruit
 Or
 Alternate Sunbutter Sand Yogurt
 Alternate Lunch **21**

Crispy Chicken Sandwich
 Lettuce & Tomato
 Tater Tots
 Veggie Bar Assorted
 Assorted Fresh Fruit
 Or
 Alternate Sunbutter Sand
 Yogurt Alternate Lunch **28**

