

JANUARY 2022

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

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

3

TUESDAY

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

4

WEDNESDAY

Choose One
Salad Bar - Deli Bar
Or
BBQ Pulled Pork on a Bun
Baked Beans
Homemade Coleslaw
Fruit Cup

5

THURSDAY

Choose One
Salad Bar - Deli Bar
Or
Crispy Chicken Sandwich
Lettuce & Tomato
Baked Oven Fries
Fruit Cup

6

FRIDAY

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

7

Choose One
Salad Bar - Deli Bar
Or
Hot Ham & Cheese Sandwich
Veggie Sticks w/ Dip
Assorted Fresh Fruit

10

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

11

Choose One
Salad Bar - Deli Bar
Or
Cheese Burger Sub
Tater Tots
Veggie Sticks w/ Dip
Fruit Cup

12

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

13

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

14

Martin Luther King Day

17

Choose One
Salad Bar - Deli Bar
Or
BBQ Chicken Wrap
Lettuce & Tomato
Veggie Sticks
Fruit Cup

18

Choose One
Salad Bar - Deli Bar
Or
Ham and Cheese Croissant
Veggie Sticks
Assorted Fresh Fruit

19

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

20

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

21

Choose One
Salad Bar - Deli Bar
Or
Chicken Teriyaki
Brown Rice
Steamed Broccoli
Fruit Cup

24

Choose One
Salad Bar - Deli Bar
Or
Mac & Cheese
Whole Grain Roll
Green Beans
Assorted Fresh Fruit

25

Choose One
Salad Bar - Deli Bar
Or
Meatball Sub
Mozzarella
Tossed Salad
Fruit Cup

26

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

27

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

28

Choose One
Salad Bar - Deli Bar
Or
Pork Taco – Lettuce, Tomato & Salsa
Cheddar Cheese
Veggie Sticks
Fruit Cup

31

