

JANUARY 2022

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
Or
Chicken Nuggets
Steamed Broccoli
Fresh Assorted Fruit

3

TUESDAY

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

4

WEDNESDAY

Choose One
Salad Bar - Deli Bar
Or
BBQ Pulled Pork On A Bun
Baked Beans
Homemade Coleslaw
Assorted Fresh Fruit

5

THURSDAY

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

6

FRIDAY

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

7

Choose One
Salad Bar - Deli Bar
Or
Ham and Cheese Croissant
Tater Tots
Veggie Bar
Assorted Fruit Cup

10

Choose One
Salad Bar - Deli Bar
Or
French Toast Sticks
Hash Brown
Sausage Link - Veggie Bar Assorted
Fresh Fruit

11

Choose One
Salad Bar - Deli Bar
Or
BBQ Beef Wrap
Cheddar Cheese, Lettuce & Tomato
Brown Rice
Fruit Cup

12

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

13

Choose One
Salad Bar - Deli Bar
Or
Shepherd's Pie
Whole Grain Dinner Roll
Veggie Sticks w/ Dip
Assorted Fresh Fruit

14

Martin Luther King Day

17

Choose One
Salad Bar - Deli Bar
Or
Nachos w/ Ground Beef
Cheese Sauce
Lettuce, Tomato & Salsa
Fresh Apples

18

Choose One
Salad Bar - Deli Bar
Or
Pasta and Meat Sauce
Whole Grain Roll
Green Beans
Assorted Fresh Fruit

19

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

20

Choose One
Salad Bar - Deli Bar
Or
Chicken Fajitas
Salsa & Sour Cream
Black Bean Salad - Brown Rice
Fruit Cup

21

Choose One
Salad Bar - Deli Bar
Or
Macaroni & Cheese
Steamed Green Beans
Dinner Roll
Assorted Fresh Fruit

24

Choose One
Salad Bar - Deli Bar
Or
Buffalo or BBQ Chicken Wrap
Cheddar Cheese
Lettuce & Tomato
Veggie Bar
Assorted Fresh Fruit

25

Choose One
Salad Bar - Deli Bar
Or
American Chop Suey
Whole Grain Roll
Steamed Broccoli
Assorted Fresh Fruit

26

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

27

Choose One
Salad Bar - Deli Bar
Or
Soft Taco
Lettuce, Tomato & Salsa
Cheddar Cheese & Brown Rice
Assorted Fresh Fruit

28

Choose One
Salad Bar - Deli Bar
Or
Cheese Burger Sub
Tater Tots
Veggie Bar
Assorted Fresh Fruit

31

