

# FEBRUARY 2022

# Winnisquam High School



### 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  
Or  
Oven Roasted Chicken  
Mashed Potato & Green Beans  
Whole Grain Dinner Roll  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **1**  
Or  
Oven Roasted Chicken  
Mashed Potato & Green Beans  
Whole Grain Dinner Roll  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **2**  
Or  
Nachos with Ground Beef  
Cheddar Cheese Sauce  
Lettuce, Tomato & Salsa  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **3**  
Or  
Grilled Cheese Sandwich  
Homemade Tomato Soup  
Veggie Sticks  
Assorted Fresh Fruit

Choose One  
Salad Bar - Deli Bar **4**  
Or  
Gills Pizza  
Caesar Salad  
Black Bean Salad  
Assorted Fresh Fruit

Choose One  
Salad Bar - Deli Bar **7**  
Or  
Ham and Cheese Croissant  
Hash brown  
Veggie Sticks  
Assorted Fresh Fruit

Choose One  
Salad Bar - Deli Bar **8**  
Or  
Southern Chicken Bowl  
Whole Grain Roll  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **9**  
Or  
American Chop Suey  
Steamed Green Beans  
Garlic Bread  
Assorted Fresh Fruit

Choose One  
Salad Bar - Deli Bar **10**  
Or  
Cheese Burger Sub  
Cheddar Cheese - Lettuce & Tomato  
Oven Fries  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **11**  
Or  
Gills Pizza  
Caesar Salad  
Black Bean Salad  
Assorted Fresh Fruit

Choose One  
Salad Bar - Deli Bar **14**  
Or  
BBQ Pulled Pork On a Bun  
Baked Beans  
Coleslaw  
Assorted Fresh Fruit

Choose One  
Salad Bar - Deli Bar **15**  
Or  
Chicken Caesar Wrap  
Cheddar Cheese, Lettuce & Tomato  
Brown Rice & Veggie Stix  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **16**  
Or  
Meatball Sub  
Baked Potato Chips  
Mixed Green Salad  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **17**  
Or  
Chicken Nuggets  
Oven Fries  
Veggie Bar Assorted  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **18**  
Or  
Gills Pizza  
Caesar Salad  
Black Bean Salad  
Assorted Fresh Fruit

Choose One  
Salad Bar - Deli Bar **21**  
Or  
Cheeseburger  
Lettuce & Tomato  
Seasoned Tater Tots  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **22**  
Or  
Mexi Beef Bowl - Cheddar Cheese  
Brown Rice  
Lettuce, Tomato & Salsa  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **23**  
Or  
Spaghetti and Meat Sauce  
Tossed salad  
Whole Grain Dinner Roll  
Mixed Fruit

Choose One  
Salad Bar - Deli Bar **24**  
Or  
Oven Baked Barbeque Chicken  
Buttered Corn  
BBQ Baked Beans  
Fresh Fruit

Choose One  
Salad Bar - Deli Bar **25**  
Or  
Chef's Special  
Side Dishes  
Assorted Fruit

**Vacation** **28**

Choose One  
Salad Bar - Deli Bar **29**  
Or  
Oven Roasted Chicken  
Mashed Potato & Green Beans  
Whole Grain Dinner Roll  
Fruit Cup

Choose One  
Salad Bar - Deli Bar **30**  
Or  
Nachos with Ground Beef  
Cheddar Cheese Sauce  
Lettuce, Tomato & Salsa  
Fruit Cup



Choose One  
Salad Bar - Deli Bar **31**  
Or  
Gills Pizza  
Caesar Salad  
Black Bean Salad  
Assorted Fresh Fruit