

FEBRUARY 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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Choose One
 Salad Bar - Deli Bar **1**
 Or
 Oven Roasted Chicken
 Mashed Potato
 Steamed Green Beans
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **2**
 Or
 BBQ Pork Sandwich
 BBQ Baked Beans
 Coleslaw
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **3**
 Or
 Gills Pizza
 Caesar Salad
 Chick Pea Salad
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **4**
 Or
 Crispy Chicken Sandwich
 Lettuce & Tomato
 Potato Wedges
 Veggie Sticks & Fresh Fruit

Choose One
 Salad Bar - Deli Bar **7**
 Or
 Chicken Bowl
 Mashed Potato - Corn
 Dinner Roll
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **8**
 Or
 Soft Taco
 Lettuce & Tomato & Salsa
 Cheddar Cheese – Brown Rice
 Veggie Bar & Fresh Fruit

Choose One
 Salad Bar - Deli Bar **9**
 Or
 Spaghetti and Meat Sauce
 Whole Grain Roll
 Steamed Green Beans
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **10**
 Or
 Gills Pizza
 Caesar Salad
 Chick Pea Salad
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **11**
 Or
 Chicken Teriyaki
 Brown Rice
 Steamed Broccoli
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **14**
 Or
 Cheeseburger
 Tater Tots
 Veggie Bar Assorted
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **15**
 Or
 Grilled Cheese Sandwich
 Homemade Tomato Soup
 Veggie Bar Assorted
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **16**
 Or
 BBQ Beef Wrap - Cheddar Cheese
 Lettuce & Tomato
 Brown Rice Veggie Sticks
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **17**
 Or
 Gills Pizza
 Caesar Salad
 Chick Pea Salad
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **18**
 Or
 Macaroni & Cheese
 Stewed Tomatoes & Green Beans
 Whole Grain Dinner Roll
 Assorted Fresh Fruit

Choose One
 Salad Bar - Deli Bar **21**
 Or
 Ham and Cheese Croissant
 Tater Tots
 Veggie Bar
 Fresh Apples

Choose One
 Salad Bar - Deli Bar **22**
 Or
 Chicken Nuggets
 Oven Fries
 Green Beans
 Fruit Cup

Choose One
 Salad Bar - Deli Bar **23**
 Or
 Nachos Ground Beef
 Cheese Sauce
 Lettuce, Tomato & Salsa
 Fresh Apples/

Choose One
 Salad Bar - Deli Bar **24**
 Or
 Chili Cheese dog
 Baked Beans
 Veggie Bar Assorted
 Fruit Cup

Choose One
 Deli Bar Salad Bar **25**
 Or
 Chef's Special
 Side Dishes F
 Fresh Fruit

28
 Vacation

