

# Athol-Royalston Regional

## December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
28 CHICKEN NUGGETS POTATO WEDGES HOMEMADE BREAD GLAZED CARROTS FRESH FRUIT ASSORTED FRUIT MILK - VARIETY PBJ ON WHEAT BBQ SAUCE	29 MACARONI & CHEESE HOMEMADE BREAD BOLOGNA/CHEESE on WHEAT PBJ ON WHEAT STEAMED BROCCOLI ASSORTED FRUIT FRESH FRUIT MILK - VARIETY CHOC & VAN PUDDING	30 ITALIAN MEATBALLS BUTTERED NOODLES GARLIC BREADSTICKS SALAMI & CHEESE SANDWICH GREEN BEANS ASSORTED FRUIT FRESH FRUIT MILK - VARIETY PBJ ON WHEAT	1 HAMBURGERS HOMEMADE CHIX SOUP ASSORTED FRUIT FRESH FRUIT MILK - VARIETY PBJ ON WHEAT POTATO PUFFS BAKED BEANS APPLE CRISP	2 STUFFED CRUST PIZZA PBJ ON WHEAT EGG SALAD SANDWICH PASTA SALAD GARDEN SALAD ASSORTED FRUIT MILK - VARIETY FRESH FRUIT
5 CHEESE QUESADILLA SPANISH RICE HAM & CHEESE on WHEAT PBJ ON WHEAT GREEN BEANS ASSORTED FRUIT HOMEMADE BREAD MILK - VARIETY FRESH FRUIT	6 CHICKEN POT PIE BOLOGNA/CHEESE on WHEAT DINNER ROLL CARROTS FRESH FRUIT ASSORTED FRUIT MILK - VARIETY PBJ ON WHEAT CHOCOLATE CAKE	7 NO LUNCH SENIOR / MIDDLE PEPPERONI POCKETS PASTA SALAD TUNA ROLL PBJ ON WHEAT YELLOW BEANS ASSORTED FRUIT MILK - VARIETY FRESH FRUIT FRZ JUICE BARS	8 CHICKENBURGER PASTA SALAD PBJ ON WHEAT TUNA ROLL PEAS ASSORTED FRUIT MILK - VARIETY FRESH FRUIT JELL-O/TOPPING	9 MEAT & CHEESE TACOS BOLOGNA & CHEESE PBJ ON WHEAT SPANISH RICE CORN ASSORTED FRUIT MILK - VARIETY FRESH FRUIT SALSA SAUCE
12 SHEPHERD'S PIE HOMEMADE BREAD PEAS YOGURT WITH 1/2 PBJ SAND BOLOGNA & CHEESE ASSORTED FRUIT FRESH FRUIT MILK - VARIETY	13 CHILI CON CARNE & BEANS CORN BREAD STICK PLAIN PBJ ON WHEAT TURKEY & CHEESE on WHEAT ASSORTED FRUIT FRESH FRUIT MILK - VARIETY JELL-O/TOPPING	14 AMERICAN CHOP SUEY EGG SALAD SANDWICH PBJ ON WHEAT GARDEN SALAD HOMEMADE BREAD FRESH FRUIT ASSORTED FRUIT MILK - VARIETY	15 HAMBURGERS POTATO PUFFS PBJ ON WHEAT TUNA ROLL GREEN BEANS ASSORTED FRUIT MILK - VARIETY FRESH FRUIT CORN CHOWDER	16 FISH STICKS MASHED POTATOES CORNBREAD BOLOGNA/CHEESE on WHEAT PBJ ON WHEAT COLE SLAW ASSORTED FRUIT FRESH FRUIT MILK - VARIETY TARTAR SAUCE CHOC & VAN PUDDING
19 CHICKEN NUGGETS POTATO PUFFS HOMEMADE BREAD GLAZED CARROTS FRESH FRUIT ASSORTED FRUIT MILK - VARIETY PBJ ON WHEAT BBQ SAUCE	20 GRILLED HOTDOG ON A ROLL PBJ W/YOGURT BK BEANS ASSORTED FRUIT FRESH FRUIT MILK - VARIETY REDUCED FAT POTATO CHIPS FRESH VEGETABLES W/ DIP APPLE CRISP	21 TURKEY & GRAVY MASHED POTATOES BREAD STUFFING PEAS CRANBERRY SAUCE ASSORTED FRUIT HOMEMADE BREAD MILK - VARIETY FRESH FRUIT HOLIDAY COOKIES	22 NO LUNCH SENIOR / MIDDLE RAVIOLI BEEF HAM & CHEESE on WHEAT PBJ ON WHEAT GREEN BEANS ASSORTED FRUIT HOMEMADE BREAD MILK - VARIETY FRESH FRUIT	23 NO SCHOOL TODAY
26	27 VACATION WEEK	28	29	30

Menu Subject to Change

	Average	Target	% of Target		Average	% of Calories	Target
Calories	729	667	109%	Protein	29.67 g	16.27%	9.30
Cholesterol	46 mg			Carbohyd	109.13 g	59.85%	
Sodium	1298 mg			Tot. Fat	20.32 g	25.07%	<30.00%
Fiber	7.44* g			Sat. Fat	6.11* g	7.53%	<10.00%
Iron	4.71* mg	3.30	143%				
Calcium	475.99* mg	267.00	178%				
Vitamin A	2971* IU	1165	255%				
Vitamin C	32.79* mg	15.00	219%				

NOTE: \* - Denotes missing or incomplete Nutrient Data.