

Athol-Royalston Regional School District

SENIOR/MIDDLE SCHOOL FEBRUARY 2018

Jan 23, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHICKEN BURGERS R/F POTATO CHIPS CALIFORNIA VEGETABLES BEETS	2 SHEET PAN PIZZA GARDEN SALAD YELLOW BEANS
5 CHEESEBURGERS ON WW R/F POTATO CHIPS CARROTS GREEN BEANS CHOC CHIP COOKIES	6 CHICKEN TENDERS MASHED POTATO PEAS CORN	7 SPAGHETTI W/ MEATSAUC SPINACH YELLOW BEANS BREAD STICK PLAIN	8 ITALIAN MEATBALLS BUTTERED NOODLES STEAMED BROCCOLI SWEET POTATO APPLE CRISP W/CREAM	9 CHEESE QUESADILLA REFRIED BEANS CALIFORNIA VEGETABLES BEAN CHILI
12 HAMBURGERS POTATO WEDGES GREEN BEANS BEETS	13 CHICKEN ALFREDO STEAMED BROCCOLI GARDEN SALAD GARLIC BREADSTICKS CHOC & VAN PUDDING	14 AMERICAN CHOP SUEY YELLOW BEANS CARROTS YELLOW CAKE	15 DELI CROISSANTS R/F POTATO CHIPS BROCCOLI & CHEESE CONFETTI BEAN SALAD JELL-O/TOPPING	16 SHEET PAN PIZZA PASTA SALAD SWEET POTATO
19 VACATION WEEK	20 VACATION WEEK	21	22 VACATION WEEK	23
26 CHICKEN BURGERS BEAN CHILI CORN	27 SCRAMBLED HAMBURG BUTTERED NOODLES SEASONED CARROTS PEAS APPLE CRISP W/CREAM	28 CHICKEN FAJITAS BROWN RICE CALIFORNIA VEGETABLES YELLOW BEANS TUNA ROLL		

ASSORTED SANWICHES AND MILK SERVED DAILY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.