

# Athol-Royalston Regional School District

JULY 2018 LUNCH

Jul 6, 2018

Page 1

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| 2<br>GRILLED HOTDOG<br>BAKED BEANS<br>ASSORTED FRUIT JUICES<br>ASSORTED FRUIT<br>ASSORTED MILK                              | 3<br>TURKEY & CHEESE CROISS<br>R/F POTATO CHIPS<br>CARROT STICKS<br>ASSORTED FRUIT<br>ASSORTED MILK                                | 4<br>NO LUNCH   | 5<br>CHEESE QUESADILLA<br>SALSA SAUCE<br>CUCUMBER SLICES<br>APPLES<br>ASSORTED MILK                                  | 6<br>CHICKEN DRUMSTICKS<br>PASTA SALAD<br>ASSORTED FRUIT JUICES<br>ASSORTED FRUIT<br>ASSORTED MILK    |
| 9<br>CHEESEBURGERS ARMS<br>CELERY STICKS<br>RAISINS<br>ASSORTED FRUIT<br>ASSORTED MILK                                      | 10<br>HAM & CHEESE SAND<br>W/LETTUCE /TOMATO<br>CARROTEENIES/LT RANCH<br>APPLES<br>ASSORTED FRUIT JUICES<br>ASSORTED MILK          | 11<br>MEAT & CHEESE TACOS<br>LETTUCE & TOMATO CUP<br>SALSA SAUCE<br>ASSORTED FRUIT<br>ASSORTED MILK | 12<br>Chicken Caesar Wrap<br>CUCUMBER SLICES<br>ASSORTED FRUIT JUICES<br>ASSORTED FRUIT<br>ASSORTED MILK             | 13<br>CHEESE PIZZA 4X6<br>GARDEN SALAD<br>GRAPES<br>ASSORTED MILK                                     |
| 16<br>CHICKENBURGER<br>CARROT STICKS<br>CELERY STICKS<br>ASSORTED FRUIT<br>ASSORTED FRUIT JUICES<br>ASSORTED MILK           | 17<br>GRILLED HOTDOG<br>BAKED BEANS<br>ASSORTED FRUIT JUICES<br>ASSORTED FRUIT<br>ASSORTED MILK                                    | 18<br>AMERICAN CHOP SUEY<br>GARDEN SALAD<br>GREEN BEANS<br>ASSORTED FRUIT<br>ASSORTED MILK          | 19<br>CHICKEN DRUMSTICKS<br>PASTA SALAD<br>WHOLE GRAIN DINNER RO<br>CARROT STICKS<br>ASSORTED FRUIT<br>ASSORTED MILK | 20<br>TURKEY & CHEESE CROISS<br>SALAD, TOSSED<br>APPLESAUCE<br>ASSORTED FRUIT JUICES<br>ASSORTED MILK |
| 23<br>HAM & CHEESE SAND<br>W/LETTUCE /TOMATO<br>CUCUMBER SLICES<br>ASSORTED FRUIT JUICES<br>ASSORTED FRUIT<br>ASSORTED MILK | 24<br>CHEESEBURGERS ON WW<br>PICKLES SPEARS<br>ASSORTED FRUIT<br>ASSORTED FRUIT JUICES<br>ASSORTED MILK                            | 25<br>CHEESE QUESADILLA<br>SALSA SAUCE<br>ASSORTED FRUIT<br>ASSORTED FRUIT JUICES<br>ASSORTED MILK  | 26<br>TURKEY & CHEESE CROISS<br>LETTUCE & TOMATO SLIC<br>ASSORTED FRUIT JUICES<br>FRESH FRUIT<br>ASSORTED MILK       | 27<br>CHICKENBURGER<br>BAKED BEANS<br>FRESH FRUIT<br>ASSORTED FRUIT JUICES<br>ASSORTED MILK           |
| 30<br>CHEESE PIZZA 4X6<br>GARDEN SALAD<br>ASSORTED FRUIT<br>ASSORTED FRUIT JUICES<br>ASSORTED MILK                          | 31<br>HAM & CHEESE SAND<br>W/LETTUCE /TOMATO<br>CELERY & CARROT STICKS<br>ASSORTED FRUIT<br>ASSORTED FRUIT JUICES<br>ASSORTED MILK |   |  |   |

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.**