

Athol-Royalston Regional School District

SENIOR/MIDDLE SCHOOL SEPTEMBER 2018

Aug 13, 2018

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 CHICKEN BURGERS PASTA SALAD BEETS	5 ROTINI W/MEATSAUCE GARDEN SALAD YELLOW BEANS	6 SWEDISH MEATBALLS BUTTERED NOODLES PEAS CORN BREAD STICK PLAIN	7 SHEET PAN PIZZA STEAMED BROCCOLI SWEET POTATO CONFETTI BEAN SALAD
10 CHICKEN TENDERS MASHED POTATO CORN BEETS	11 GRILLED HOTDOG OVEN FRIES BAKED BEANS GREEN BEANS	12 MEAT & CHEESE TACOS LETTUCE & TOMATO CUP CALIFORNIA VEGETABLES YELLOW BEANS CORNBREAD	13 CHEESEBURGERS ON WW GARDEN SALAD SWEET POTATO	14 SWEET AND SOUR CHICKE BROWN RICE STEAMED BROCCOLI CARROTS
17 GRILLED CHEESE SANDWI HOMEMADE CHIX VEG. SO R/F POTATO CHIPS BEETS CARROTEENIES/LT RANCH	18 SCRAMBLED HAMBURG MASHED POTATO CORN PEAS	19 NACHOS and CHEESE BROWN RICE CALIFORNIA VEGETABLES YELLOW BEANS	20 MEATBALLS GRINDERS OVEN FRIES GARDEN SALAD	21 SHEET PAN PIZZA PASTA SALAD SWEET POTATO
24 DELI CROISSANTS R/F POTATO CHIPS SPINACH CARROTS	25 MACARONI & CHEESE TOMATOES DICED SEASON STEAMED BROCCOLI	26 CHICKEN BURGERS PASTA SALAD BEETS	27 BEEF DIPPERS MASHED POTATO CORN GREEN BEANS	28 CHEESE QUESADILLA Brown Rice Pilaf YELLOW BEANS CONFETTI BEAN SALAD

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.