

Athol-Royalston Regional School District

SEPTEMBER 2018 ELEMENTARY LUNCH

Aug 13, 2018

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