

Athol-Royalston Regional School District

SENIOR/MIDDLE SCHOOL NOVEMBER 2018

Oct 22, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHEESEBURGERS ON WW GREEN BEANS BEETS	2 CHEESE QUESADILLA YELLOW BEANS SEASONED CARROTS BROWN RICE SALSA SAUCE
5 MEATBALLS GRINDERS STEAMED BROCCOLI SWEET POTATO	6 CHICKEN TACOS LETTUCE & TOMATO CUP CORN SALSA SAUCE	7 CHICKEN BURGERS OVEN FRIES GREEN BEANS CONFETTI BEAN SALAD TUNA ROLL	8 TURKEY & GRAVY MASHED POTATO SEASONED CARROTS PEAS APPLE CRISP/CREAM	9 Pizza with WW Crust GARDEN SALAD YELLOW BEANS
12 NO SCHOOL TODAY	13 CHICKEN FAJITAS Onion & Peppers for Fajita CORN BROWN RICE	14 SWEDISH MEATBALLS BUTTERED NOODLES CARROTS BEETS	15 PULLED PORK ON GRINDE OVEN FRIES GREEN BEANS SWEET POTATO	16 SHEET PAN PIZZA PASTA SALAD STEAMED BROCCOLI
19 LASAGNA WITH GROUND GREEN BEANS CALIFORNIA VEGETABLES	20 FISH STICKS GRILLED HOTDOG BAKED BEANS COLE SLAW SEASONED CARROTS	21 NO LUNCH	22 HOLIDAY	23 NO SCHOOL TODAY
26 HAMBURGERS R/F POTATO CHIPS PEAS YELLOW BEANS BEAN CHILI	27 CHICKEN NUGGETS Brown Rice Pilaf GREEN BEANS CALIFORNIA VEGETABLES TUNA ROLL	28 AMERICAN CHOP SUEY STEAMED BROCCOLI SWEET POTATO	29 SHEPHERD'S PIE W/CORN SPINACH	30 PIZZA STICKS MARINARA SAUCE GARDEN 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.