

Athol-Royalston Regional School District

SENIOR / MIDDLE SCHOOL OCTOBER 2018

Sep 12, 2018

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
1 HAMBURGERS R/F POTATO CHIPS GREEN BEANS BEETS CHOC & VAN PUDDING	2 CHICKEN FAJITAS SEASONED BROWN RICE Onion & Peppers for Fajita CORN BEAN CHILI	3 SPAGHETTI W/ MEATSAUC GARLIC BREADSTICKS SALAD,TOSSED SWEET POTATO	4 CHICKEN BURGERS OVEN FRIES SEASONED CARROTS PEAS	5 SHEET PAN PIZZA STEAMED BROCCOLI YELLOW BEANS APPLE CRISP W/CREAM
8 NO SCHOOL TODAY	9 ITALIAN MEATBALLS BUTTERED NOODLES GREEN BEANS YELLOW BEANS HOME MADE BREAD	10 POPCORN CHICKEN BOWL MASHED POTATO CORN BEETS HOME MADE BREAD	11 DELI CROISSANTS PASTA SALAD STEAMED BROCCOLI CONFETTI BEAN SALAD	12 French Bread Pizza SALAD,TOSSED SWEET POTATO
15 GRILLED CHEESE SANDWI TOMATO SOUP R/F POTATO CHIPS VEGETABLE STICKS CONFETTI BEAN SALAD	16 MEAT & CHEESE TACOS LETTUCE & TOMATO CUP SALSA SAUCE SPINACH CORNBREAD CHOC CHIP COOKIES	17 AMERICAN CHOP SUEY GREEN BEANS BEETS DINNER ROLL	18 CHICKEN TENDERS MASHED POTATO CORN SEASONED CARROTS BREAD STICK PLAIN	19 SHEET PAN PIZZA SALAD,TOSSED SWEET POTATO APPLE CRISP W/CREAM
22 CHICKEN BURGERS R/F POTATO CHIPS SEASONED CARROTS GREEN BEANS BEAN CHILI	23 SCRAMBLED HAMBURG MASHED POTATO CORN SPINACH BREAD,WHEAT	24 NO SCHOOL TODAY	25 CHEESE QUESADILLA SALSA SAUCE YELLOW BEANS BEETS APPLE CRISP W/CREAM	26 SHEET PAN PIZZA BROCCOLI & CHEESE SWEET POTATO CHOC & VAN PUDDING
29 CHICKEN NUGGETS Brown Rice Pilaf CORN PEAS BREAD STICK PLAIN	30 NACHOS and CHEESE CALIFORNIA VEGETABLES YELLOW BEANS SALSA SAUCE CORNBREAD	31 ROTINI W/MEATSAUCE SALAD,TOSSED GREEN BEANS GARLIC BREADSTICKS		

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.