

Athol-Royalston Regional School District
 DECEMBER 2018 HIGH SCHOOL/MIDDLE SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHICKEN BURGERS PASTA SALAD BEETS CARROTS	4 FRENCH TOAST SAUSAGE PATTY HASH BROWN PATTY SWEET POTATO CALIFORNIA VEGETABLES ASSORTED FRUIT JUICES	5 ITALIAN MEATBALLS BUTTERED NOODLES GREEN BEANS GARDEN SALAD WHOLE WHEAT BREAD	6 PULLED PORK ON GRINDE TASTY TOTS SPINACH YELLOW BEANS	7 CHICKEN FAJITAS BROWN RICE CORN Onion & Peppers for Fajita CONFETTI BEAN SALAD
10 CHEESEBURGERS ON WW R/F POTATO CHIPS CALIFORNIA VEGETABLES SWEET POTATO BAKED BEANS	11 MACARONI & CHEESE TOMATOES DICED SEASON GREEN BEANS	12 NO LUNCH	13 CHICKEN TENDERS MASHED POTATO CORN PEAS	14 SHEET PAN PIZZA GARDEN SALAD BEETS
17 NACHO W/GR BEEF & CHE SALSA SAUCE STEAMED BROCCOLI CALIFORNIA VEGETABLES	18 POPCORN CHICKEN BOWL MASHED POTATO CORN SWEET POTATO	19 SCRAMBLED HAMBURG BUTTERED NOODLES PEAS YELLOW BEANS WHOLE WHEAT BREAD	20 DELI CROISSANTS R/F POTATO CHIPS CARROTEENIES/LT RANCH Cole Slaw	21 NO LUNCH

ASSORTED SANWICHES, ASSORTED FRUIT AND MILK SERVED DAILY WITH EVERY MEAL

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.