

Athol-Royalston Regional School District
 JANUARY 2019 HIGH SCHOOL/MIDDLE SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL TODAY	2 CHEESEBURGERS ON WW R/F POTATO CHIPS CARROTS GREEN BEANS	3 CHICKEN TENDERS MASHED POTATO CORN PEAS	4 ST CRUST PIZZA SWEET POTATO BROCCOLI & CHEESE CHOC & VAN PUDDING
7 CHICKEN FAJITAS Onion & Peppers for Fajita CORN Brown Rice Pilaf	8 MEATBALLS W/ BROWN G BUTTERED NOODLES YELLOW BEANS SPINACH BREAD STICK PLAIN	9 ROTINI W/MEATSAUCE GREEN BEANS BEETS	10 DELI CROISSANTS OVEN FRIES CALIFORNIA VEGETABLES PEAS JELL-O/TOPPING BEAN CHILI	11 GRILLED HOTDOG BAKED BEANS Cole Slaw CARROTS
14 CHICKEN BURGERS R/F POTATO CHIPS GREEN BEANS CONFETTI BEAN SALAD	15 MEAT & CHEESE TACOS LETTUCE & TOMATO CUP SALSA SAUCE CARROTS CORNBREAD	16 PULLED PORK ON GRINDE GARDEN SALAD CALIFORNIA VEGETABLES	17 POPCORN CHICKEN BOWL MASHED POTATO CORN	18 CHEESE QUESADILLA SALSA SAUCE BROWN RICE STEAMED BROCCOLI SWEET POTATO
21 NO SCHOOL TODAY	22 CHEESEBURGERS ON WW POTATO PUFFS BROCCOLI & CHEESE YELLOW BEANS	23 MACARONI & CHEESE TOMATOES DICED SEASON GREEN BEANS	24 SCRAMBLED HAMBURG MASHED POTATO CORN PEAS	25 LUNCH ROUND PEPPERONI PIZZA GARDEN SALAD SPINACH
28 CHICKEN NUGGETS Brown Rice Pilaf CORN CARROTS	29 MEATBALLS GRINDERS SWEET POTATO STEAMED BROCCOLI R/F POTATO CHIPS	30 NO LUNCH SENIOR / MIDD	31 CHICKEN BURGERS OVEN FRIES SALAD, TOSSED PEAS	

ASSORTED SANWICHES, ASSORTED FRUIT 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.