

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza with WW Crust PASTA SALAD BEETS
4 CORN CHOWDER GRILLED CHEESE SANDWI WHEAT CRACKERS CARROT STICKS GREEN BEANS	5 CHICKEN POT PIE PEAS & CARROTS	6 ROTINI W/MEATSAUCE GARDEN SALAD YELLOW BEANS WHOLE WHEAT BREAD STI	7 CHICKEN BURGERS OVEN FRIES CORN SPINACH BEAN CHILI	8 CHEESE QUESADILLA SALSA SAUCE STEAMED BROCCOLI SWEET POTATO SEASONED BROWN RICE
11 NACHOS and CHEESE SALSA SAUCE CORN BEETS	12 CHICKEN ALFREDO STEAMED BROCCOLI CARROTS	13 STEAK-&-CHEESE SUB CALIFORNIA VEGETABLES YELLOW BEANS R/F POTATO CHIPS	14 CHICKEN NUGGETS MASHED POTATO GREEN BEANS SWEET POTATO	15 MOZZARELLA STICKS BRD MARINARA SAUCE GARDEN SALAD SPINACH
18 VACATION WEEK	19 VACATION WEEK	20 VACATION WEEK	21 VACATION WEEK	22 VACATION WEEK
25 CHEESEBURGERS ON WW R/F POTATO CHIPS GREEN BEANS CARROTS	26 Breakfast for Lunch SAUSAGE PATTY HASH BROWN PATTY SWEET POTATO CALIFORNIA VEGETABLES ASSORTED FRUIT JUICES	27 MEATBALL GRINDERS WW BROCCOLI & CHEESE YELLOW BEANS	28 CHICKEN TENDERS MASHED POTATO CORN SPINACH	

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.