

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 SHEET PAN PIZZA GARDEN SALAD BEETS
4 PULLED PORK ON GRINDE TASTY TOTS SPINACH YELLOW BEANS	5 SCRAMBLED HAMBURG BUTTERED NOODLES PEAS GREEN BEANS WHOLE WHEAT BREAD	6 NO LUNCH SENIOR / MIDD	7 CHICKEN FAJITAS BROWN RICE CORN Onion & Peppers for Fajita CONFETTI BEAN SALAD	8 LUNCH ROUND PEPPERONI PIZZA GARDEN SALAD SWEET POTATO
11 DELI CROISSANTS R/F POTATO CHIPS CARROTEENIES/LT RANCH GARDEN SALAD	12 AMERICAN CHOP SUEY GREEN BEANS SWEET POTATO	13 POPCORN CHICKEN BOWL MASHED POTATO CORN BEETS HOME MADE BREAD	14 HAMBURGERS R/F POTATO CHIPS CALIFORNIA VEGETABLES BROCCOLI & CHEESE CHOC & VAN PUDDING	15 CHEESE QUESADILLA Brown Rice Pilaf YELLOW BEANS SPINACH
18 CHICKEN BURGERS R/F POTATO CHIPS SEASONED CARROTS GREEN BEANS BEAN CHILI	19 MEAT & CHEESE TACOS LETTUCE & TOMATO CUP SALSA SAUCE SPINACH CHOC CHIP COOKIES	20 MEATBALL GRINDERS WW SWEET POTATO STEAMED BROCCOLI R/F POTATO CHIPS	21 FRENCH TOAST SAUSAGE PATTY HASH BROWN PATTY BEETS CALIFORNIA VEGETABLES ASSORTED FRUIT JUICES	22 FISH STICKS GRILLED CHEESE SANDWI OVEN FRIES YELLOW BEANS Cole Slaw
25 CHEESEBURGERS ON WW R/F POTATO CHIPS CALIFORNIA VEGETABLES SWEET POTATO	26 CHICKEN TENDERS MASHED POTATO CORN PEAS	27 STUFFED SHELLS GARDEN SALAD BEETS	28 NACHOS and CHEESE SALSA SAUCE GREEN BEANS YELLOW BEANS CORNBREAD	29 GRILLED HOTDOG BAKED BEANS Cole Slaw CARROTS

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.