

Athol-Royalston Regional School District

APRIL 2019 HIGH SCHOOL/MIDDLE SCHOOL MENU

Mar 22, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
1 CHEESE QUESADILLA Brown Rice Pilaf SEASONED CARROTS BEETS CONFETTI BEAN SALAD	2 SCRAMBLED HAMBURG MASHED POTATO CORN PEAS	3 NO LUNCH	4 CHICKEN NUGGETS OVEN FRIES GREEN BEANS SWEET POTATO WHOLE WHEAT BREAD	5 SHEET PAN PIZZA GARDEN SALAD SPINACH
8 CHICKEN BURGERS R/F POTATO CHIPS YELLOW BEANS CALIFORNIA VEGETABLES	9 MEAT & CHEESE TACOS Brown Rice Pilaf CORN LETTUCE & TOMATO CUP	10 TURKEY & GRAVY MASHED POTATO PEAS & CARROTS STEAMED BROCCOLI	11 SPAGHETTI W/ MEATSAUC GREEN BEANS GARDEN SALAD WHOLE WHEAT BREAD STI	12 HAMBURGERS PASTA SALAD SWEET POTATO BEAN CHILI
15 VACATION WEEK	16 VACATION WEEK	17 VACATION WEEK	18 VACATION WEEK	19 VACATION WEEK
22 CHICKEN TENDERS MASHED POTATO GREEN BEANS YELLOW BEANS	23 NACHOS and CHEESE CORN PEAS SALSA SAUCE CORNBREAD	24 SWEDISH MEATBALLS BUTTERED NOODLES SEASONED CARROTS BEETS WHOLE WHEAT BREAD STI	25 CHICKEN FAJITAS Onion & Peppers for Fajita STEAMED BROCCOLI SWEET POTATO BEAN CHILI	26 ST CRUST PIZZA GARDEN SALAD SPINACH
29 CHEESEBURGERS ON WW OVEN FRIES YELLOW BEANS BEETS	30 AMERICAN CHOP SUEY GREEN BEANS SEASONED CARROTS WHOLE WHEAT BREAD STI			

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.