

Athol-Royalston Regional School District

MAY 2019 HIGH SCHOOL/MIDDLE SCHOOL MENU

Apr 18, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 SHEPHERD'S PIE W/CORN PEAS	2 NACHOS and CHEESE CORNBREAD STEAMED BROCCOLI TOMATOES DICED SEASON	3 HOMEMADE CHIX VEG. SO GRILLED CHEESE SANDWI CARROTEENIES/LT RANCH SPINACH
6 DELI CROISSANTS R/F POTATO CHIPS GREEN BEANS SWEET POTATO	7 POPCORN CHICKEN BOWL MASHED POTATO CORN PEAS	8 MACARONI & CHEESE STEAMED BROCCOLI YELLOW BEANS	9 CHICKEN FAJITAS Onion & Peppers for Fajita CARROTS Brown Rice Pilaf	10 MOZZARELLA STICKS BRD MARINARA SAUCE GARDEN SALAD BEETS
13 STEAK-&-CHEESE SUB OVEN FRIES YELLOW BEANS SWEET POTATO	14 CHICKEN & GRAVY MASHED POTATO PEAS & CARROTS	15 NO LUNCH SENIOR / MIDD	16 KOREAN STYLE PULLED C COLE SLAW SPINACH	17 GRILLED HOTDOG BAKED BEANS STEAMED BROCCOLI CORN
20 CHEESEBURGERS ON WW R/F POTATO CHIPS CORN CONFETTI BEAN SALAD	21 FRENCH TOAST SAUSAGE PATTY 2 patty HASH BROWN PATTY YELLOW BEANS ASSORTED FRUIT JUICES	22 MEATBALL GRINDERS WW GARDEN SALAD SWEET POTATO	23 CHICKEN ALFREDO STEAMED BROCCOLI SEASONED CARROTS	24 Pizza with WW Crust PASTA SALAD PEAS
27 NO SCHOOL TODAY	28 CHICKEN BURGERS OVEN FRIES GREEN BEANS SWEET POTATO	29 SCRAMBLED HAMBURG BUTTERED NOODLES CORN PEAS	30 AMERICAN CHOP SUEY GARDEN SALAD YELLOW BEANS	31 CHEESE QUESADILLA SALSA SAUCE STEAMED BROCCOLI 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.