

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 DELI CROISSANTS R/F POTATO CHIPS TOSSED SALAD Main Lunch assorted milk	4 SPAGHETTI W/ MEATSAUC GREEN BEANS SWEET POTATO GARLIC BREADSTICKS assorted milk	5 HAMBURGERS CHEESE SLICE CARROTS PEAS assorted milk	6 CHEESE QUESADILLA SALSA SAUCE YELLOW BEANS REFRIED BEANS assorted milk
9 CHICKEN BURGERS BAKED BEANS CORN assorted milk BEAN CHILI	10 SCRAMBLED HAMBURG BUTTERED NOODLES SWEET POTATO YELLOW BEANS assorted milk	11 MACARONI & CHEESE STEAMED BROCCOLI TOMATOES DICED SEASON assorted milk APPLE CRISP W/CREAM	12 CHICKEN FAJITAS STEAMED RICE GREEN BEANS Onion & Peppers for Fajita assorted milk Cornbread	13 Lunch Round Pizza SALAD, TOSSED SALAD DRESSING, Assorted PASTA SALAD assorted milk
16 CHEESEBURGERS ON WW YELLOW BEANS CHOC & VAN PUDDING CARROTEENIES/LT RANCH assorted milk	17 MEAT & CHEESE TACOS REFRIED BEANS CORN assorted milk	18 NO SCHOOL TODAY	19 CHICKEN POT PIE MASHED POTATO PEAS & CARROTS WHOLE WHEAT BREAD assorted milk	20 GRILLED CHEESE HOMEMADE CHIX VEG. SO COLE SLAW VEGETABLE STICKS assorted milk
23 FRENCH TOAST STICKS WI SYRUP SAUSAGE PATTY 2 patty HASH BROWN PATTY YELLOW BEANS ASSORTED FRUIT JUICES assorted milk	24 POPCORN CHICKEN BOWL MASHED POTATO CORN SEASONED CARROTS assorted milk	25 LASAGNA WITH GROUND GREEN BEANS BEETS WHOLE WHEAT BREAD STI assorted milk	26 NACHO W/GR BEEF & CHE GARDEN SALAD SPINACH assorted milk	27 ASSORTED GRINDERS R/F POTATO CHIPS PASTA SALAD VEGETABLE STICKS assorted milk
30 CHICKEN NUGGETS MASHED POTATO CORN SPINACH WHOLE WHEAT BREAD assorted milk				

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.