

Athol-Royalston Regional School District

OCTOBER 2020 HIGH SCHOOL/MIDDLE SCHOOL MENU

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Sep 22, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
5 CHEESEBURGERS ON WW OVEN FRIES CORN SPINACH ASSORTED FRUIT MILK - CHOC FF MILK 1%	6 MEAT & CHEESE TACOS LETTUCE & TOMATO CUP YELLOW BEANS ASSORTED FRUIT MILK - CHOC FF MILK 1%	7 GRILLED CHEESE TOMATO SOUP CARROTEENIES/LT RANCH ASSORTED FRUIT MILK - CHOC FF MILK 1%	8 CHICKEN TENDERS Brown Rice Pilaf STEAMED BROCCOLI SQUASH ASSORTED FRUIT MILK - CHOC FF MILK 1%	9 ST CRUST PIZZA GARDEN SALAD BEETS ASSORTED FRUIT MILK - CHOC FF MILK 1%
12 NO SCHOOL TODAY	13 GRILLED HOTDOG BAKED BEANS GREEN BEANS ASSORTED FRUIT MILK - CHOC FF MILK 1%	14 AMERICAN CHOP SUEY PEAS SEASONED CARROTS WHOLE GRAIN DINNER RO ASSORTED FRUIT MILK - CHOC FF MILK 1%	15 CHICKENBURGER R/F POTATO CHIPS CORN SPINACH ASSORTED FRUIT MILK - CHOC FF MILK 1%	16 PEPPERONI POCKETS GARDEN SALAD CONFETTI BEAN SALAD ASSORTED FRUIT MILK - CHOC FF MILK 1%
19 FRENCH TOAST SAUSAGE PATTY HASH BROWN PATTY PEAS & CARROTS ASSORTED FRUIT JUICES ASSORTED FRUIT MILK - CHOC FF MILK 1%	20 SCRAMBLED HAMBURG MASHED POTATO CORN BEETS WHOLE WHEAT BREAD STI ASSORTED FRUIT MILK - CHOC FF MILK 1%	21 NO SCHOOL TODAY	22 CHICKEN FAJITAS Onion & Peppers for Fajita YELLOW BEANS ASSORTED FRUIT MILK - CHOC FF MILK 1%	23 Pizza with WW Crust GARDEN SALAD SWEET POTATO ASSORTED FRUIT MILK - CHOC FF MILK 1%
26 CHEESEBURGERS ON WW OVEN FRIES STEAMED BROCCOLI ASSORTED FRUIT MILK - CHOC FF MILK 1%	27 MEATBALLS W/ BROWN G BUTTERED NOODLES CORN PEAS ASSORTED FRUIT MILK - CHOC FF MILK 1%	28 DELI CROISSANTS R/F POTATO CHIPS GARDEN SALAD BEETS ASSORTED FRUIT MILK - CHOC FF MILK 1%	29 SLOPPY JOE ON A BUN POTATO PUFFS GREEN BEANS ASSORTED FRUIT MILK - CHOC FF MILK 1%	30 Lunch Round Pizza PASTA SALAD CARROT STICKS ASSORTED FRUIT MILK - CHOC FF MILK 1%

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.