

# Athol-Royalston Regional School District

## OCTOBER 2020 ELEMENTARY LUNCH

Sep 22, 2020

Page 1

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.