

Athol-Royalston Regional School District

OCTOBER 2020 LUNCH REMOTE MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
5 EGG SALAD SANDWICH W/ PASTA SALAD ASSORTED FRUIT CELERY STICKS CHEESE STICK MILK 1%	6 Sun Butter + Jelly Sandwich R/F POTATO CHIPS CUCUMBER SLICES GRAPES CHOC CHIP COOKIES MILK 1%	7 HAM & CHEESE W/LETTUCE & TOMATO POTATO SALAD CHERRY TOMATOS FRESH FRUIT MILK 1%	8 Salad w/turkey and croutons FAT FREE DRESSING ASSO applesauce MILK 1% CHEESE STICK	9 Turkey & Cheese Wrap LETTUCE & TOMATO SLIC CHOC CHIP COOKIES ASSORTED FRUIT MILK 1% CARROTEENIES/LT RANCH
12 NO SCHOOL TODAY	13 DELI CROSSIANTS GARDEN SALAD Three Bean Salad GRAHAM CRACKERS GRAPES MILK 1%	14 CHICKEN SALAD WRAP CONFETTI BEAN SALAD LETTUCE & TOMATO CUP R/F POTATO CHIPS ASSORTED FRUIT MILK 1%	15 BOLOGNA & CHEESE GARDEN SALAD FRESH MELON CUPS POPCORN MILK 1%	16 TUNA SANDWICH ON WHO GARDEN SALAD CHOC CHIP COOKIES ASSORTED FRUIT MILK 1%
19 ITALIAN GRINDERS PICKLES SPEARS R/F POTATO CHIPS CELERY & CARROT STICKS ASSORTED FRUIT MILK 1%	20 TURKEY SALAD WRAP PASTA SALAD FRESH FRUIT CARROTEENIES/LT RANCH MILK 1%	21 NO SCHOOL TODAY	22 SALAMI & CHEESE SAND W/LETTUCE & TOMATO PASTA SALAD WATERMELON RAISINS Three Bean Salad CARROT STICKS LITE RANCH CUPS MILK 1%	23 Turkey Sandwich on WW Br FRESH VEGETABLES W/ DI R/F POTATO CHIPS FRESH MELON CUPS MILK 1%
26 Chicken Caesar Wrap PASTA SALAD ASSORTED FRUIT CUCUMBER SLICES LITE RANCH CUPS MILK 1%	27 ASSORTED GRINDERS R/F POTATO CHIPS PICKLES SPEARS FRESH VEGETABLES W/ DI FRITOS CORN CHIPS FRESH FRUIT CUP MILK 1%	28 DELI CROISSANTS R/F POTATO CHIPS TOSSED SALAD Main Lunch ASSORTED FRUIT MILK 1%	29 W W HAM & CHEESE Black Bean & Corn Salad CELERY & CARROT STICKS LITE RANCH CUPS ASSORTED FRUIT MILK 1%	30 Yogurt Parfait FRESH MELON CUPS BREAD STICK PLAIN FRESH VEGETABLES W/ DI GRAHAM CRACKERS 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.