

Athol-Royalston Regional School District

NOVEMBER 2020 MIDDLE SCHOOL LUNCH

Oct 28, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
2 CHICKEN NUGGETS Brown Rice Pilaf CORN SPINACH WHOLE GRAIN DINNER RO ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%	3 BBQ RIB SANDWICH OVEN FRIES CARROTS BEETS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%	4 SPAGHETTI W/ MEATSAUC GREEN BEANS SQUASH WHOLE WHEAT BREAD STI ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%	5 CHEESEBURGERS ON WW R/F POTATO CHIPS GARDEN SALAD YELLOW BEANS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%	6 CHEESE QUESADILLA Brown Rice Pilaf SALSA SAUCE STEAMED BROCCOLI ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%
9 CHICKEN BURGERS TASTY TOTS CORN BEETS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%	10 MEATBALL GRINDERS WW PASTA SALAD PEAS & CARROTS SWEET POTATO ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%	11 NO SCHOOL TODAY	12 MACARONI & CHEESE TOMATOES DICED SEASON STEAMED BROCCOLI WHOLE GRAIN DINNER RO ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%	13 STUFFED CRUST PIZZA GARDEN SALAD GREEN BEANS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%
16 BAG LUNCH	17 MEAT & CHEESE TACOS SEASONED BROWN RICE LETTUCE & TOMATO CUP YELLOW BEANS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%	18 EGG & CHEESE CROISSANT SAUSAGE PATTY HASH BROWN PATTY GREEN BEANS ASSORTED FRUIT JUICES ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1%	19 TURKEY & GRAVY MASHED POTATO SWEET POTATO CORN CRANBERRY SAUCE WHOLE GRAIN DINNER RO ASSORTED WEDGE PIZZA ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1%	20 GRILLED HOTDOG BAKED BEANS Cole Slaw ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1% CHOC & VAN PUDDING

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.

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23 DELI CROISSANTS HOMEMADE CHIX VEG. SO CARROT STICKS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%	24 NACHO W/GR BEEF & CHE CORN SPINACH Cornbread SALSA SAUCE ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1%	25 BAG LUNCH	26 NO SCHOOL TODAY	27 NO SCHOOL TODAY
30 GRILLED CHEESE TOMATO SOUP R/F POTATO CHIPS CARROTS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT FRESH FRUIT MILK - CHOC FF MILK 1% CHOC CHIP COOKIES				

ASSORTED SANWICHES, ASSORTED FRUIT AND MILK SERVED DAILY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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