

Athol-Royalston Regional School District

DECEMBER 2020 ELEMENTARY LUNCH

Nov 30, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	SHEPARD'S PIE PEAS WHOLE GRAIN DINNER RO ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1%	ASSORTED SANDWICHES R/F POTATO CHIPS CARROT STICKS ASSORTED FRUIT MILK - CHOC FF MILK 1%	CHEESEBURGERS ON WW TOSSED SALAD Main Lunch SPINACH ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1%	CHEESE QUESADILLA REFRIED BEANS GREEN BEANS ASSORTED FRUIT ASSORTED SANDWICHES MILK - CHOC FF MILK 1%
7	8	9	10	11
CHICKEN NUGGETS ELEM Brown Rice Pilaf CARROTS BEETS ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1% CHOC & VAN PUDDING	AMERICAN CHOP SUEY GREEN BEANS SWEET POTATO WHOLE GRAIN DINNER RO ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1%	BBQ RIB SANDWICH ASSORTED SANDWICHES CARROT STICKS ASSORTED FRUIT R/F POTATO CHIPS MILK - CHOC FF MILK 1%	CHICKEN POT PIE SQUASH CRANBERRY SAUCE BISCUITS ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1%	PIZZA BOLI GARDEN SALAD CONFETTI BEAN SALAD ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1%
14	15	16	17	18
CHICKEN FAJITAS CORN Onion & Peppers for Fajita ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1% Cornbread	SWEET AND SOUR PORK SEASONED BROWN RICE SEASONED CARROTS YELLOW BEANS ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1% CHOC CHIP COOKIES	STUFFED CRUST PIZZA ASSORTED SANDWICHES GARDEN SALAD CARROT STICKS ASSORTED FRUIT MILK - CHOC FF MILK 1%	GRILLED HOTDOG BAKED BEANS Cole Slaw BEETS ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1%	FISH STICKS SMILEY FRIES STEAMED BROCCOLI SWEET POTATO ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1%
21	22	23	24	25
SWEDISH MEATBALLS MASHED POTATO WHOLE GRAIN DINNER RO CORN ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1%	MEAT & CHEESE TACOS Cornbread LETTUCE & TOMATO CUP YELLOW BEANS ASSORTED SANDWICHES ASSORTED FRUIT MILK - CHOC FF MILK 1%	ASSORTED SANDWICHES R/F POTATO CHIPS CARROT STICKS ASSORTED FRUIT MILK - CHOC FF	VACATION WEEK	VACATION WEEK

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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Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	
VACATION WEEK	VACATION WEEK	VACATION WEEK	VACATION WEEK	

ASSORTED SANWICHES, ASSORTED FRUIT AND MILK SERVED DAILY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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