

**Athol-Royalston Regional School District**  
**DECEMBER 2020 HIGH SCHOOL/MIDDLE SCHOOL MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 SHEPHERD'S PIE W/CORN PEAS WHOLE GRAIN DINNER RO ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1%	2 DELI CROISSANTS R/F POTATO CHIPS CARROT STICKS ASSORTED FRUIT ASSORTED SANDWICHES ASSORTED WEDGE PIZZA MILK - CHOC FF MILK 1%	3 CHEESEBURGERS ON WW GARDEN SALAD SPINACH ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1%	4 CHEESE QUESADILLA REFRIED BEANS GREEN BEANS ASSORTED FRUIT ASSORTED SANDWICHES ASSORTED WEDGE PIZZA MILK - CHOC FF MILK 1%
7 CHICKEN NUGGETS Brown Rice Pilaf CARROTS BEETS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1% CHOC & VAN PUDDING	8 AMERICAN CHOP SUEY GREEN BEANS SWEET POTATO WHOLE GRAIN DINNER RO ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1%	9 BBQ RIB SANDWICH ASSORTED SANDWICHES CARROT STICKS ASSORTED FRUIT R/F POTATO CHIPS ASSORTED WEDGE PIZZA MILK - CHOC FF MILK 1%	10 CHICKEN POT PIE SQUASH CRANBERRY SAUCE BISCUITS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1%	11 PIZZA BOLI GARDEN SALAD CONFETTI BEAN SALAD ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1%
14 CHICKEN FAJITAS CORN Onion & Peppers for Fajita ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1% Cornbread	15 SWEET AND SOUR PORK SEASONED BROWN RICE SEASONED CARROTS YELLOW BEANS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1% CHOC CHIP COOKIES	16 ST CRUST PIZZA ASSORTED SANDWICHES ASSORTED WEDGE PIZZA GARDEN SALAD CARROT STICKS ASSORTED FRUIT MILK - CHOC FF MILK 1%	17 GRILLED HOTDOG BAKED BEANS Cole Slaw BEETS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1%	18 FISH STICKS SMILEY FRIES STEAMED BROCCOLI SWEET POTATO ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1%

*\*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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 DECEMBER 2020 HIGH SCHOOL/MIDDLE SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
21 SWEDISH MEATBALLS MASHED POTATO WHOLE GRAIN DINNER RO CORN ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1%	22 MEAT & CHEESE TACOS Cornbread LETTUCE & TOMATO CUP YELLOW BEANS ASSORTED SANDWICHES ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF MILK 1%	23 ASSORTED SANDWICHES R/F POTATO CHIPS CARROT STICKS ASSORTED WEDGE PIZZA ASSORTED FRUIT MILK - CHOC FF	24 VACATION WEEK	25 VACATION WEEK
28 VACATION WEEK	29 VACATION WEEK	30 VACATION WEEK	31 VACATION WEEK	

ASSORTED SANWICHES, ASSORTED FRUIT AND MILK SERVED DAILY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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