

Athol-Royalston Regional School District

MAY 2021 HIGH SCHOOL/MIDDLE SCHOOL MENU

Apr 20, 2021

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHEESEBURGERS ON WW GREEN BEANS BAKED BEANS R/F POTATO CHIPS	4 CHICKEN NUGGETS Brown Rice Pilaf CARROTS BEETS CHOC & VAN PUDDING	5 ROTINI W/MEATSAUCE GARDEN SALAD YELLOW BEANS WHOLE WHEAT BREAD STI	6 PORK AND GRAVY MASHED POTATO PEAS & CARROTS WHOLE WHEAT BREAD APPLE CRISP/CREAM	7 STUFFED CRUST PIZZA GARDEN SALAD SWEET POTATO
10 CHICKEN BURGERS PASTA SALAD CALIFORNIA VEGETABLES	11 MEAT & CHEESE TACOS SEASONED BROWN RICE LETTUCE & TOMATO CUP YELLOW BEANS	12 MACARONI & CHEESE TOMATOES DICED SEASON STEAMED BROCCOLI	13 POPCORN CHICKEN BOWL MASHED POTATO CORN PEAS	14 FISH STICKS SMILEY FRIES COLE SLAW SWEET POTATO
17 FRENCH TOAST SAUSAGE PATTY HASH BROWN PATTY PEAS & CARROTS ASSORTED FRUIT JUICES	18 DELI CROISSANTS HOMEMADE CHIX VEG. SO CARROT STICKS	19 Chicken Parmesan with WW GARDEN SALAD BEETS CHOC CHIP COOKIES	20 SHEPHERD'S PIE W/CORN GREEN BEANS	21 CHEESE QUESADILLA SALSA SAUCE STEAMED BROCCOLI REFRIED BEANS PEACH CRISP
24 CHICKEN POT PIE SQUASH BISCUITS	25 MEATBALLS W/ BROWN G BUTTERED NOODLES GREEN BEANS SPINACH	26 CHICKEN FAJITAS Onion & Peppers for Fajita YELLOW BEANS SALSA SAUCE	27 PULLED PORK POTATO SALAD CORN ON THE COB CELERY STICKS	28 Pizza with WW Crust GARDEN SALAD SWEET POTATO
31 HOLIDAY				

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.