

Athol-Royalston Regional School District
 DECEMBER 2021 HIGH SCHOOL/MIDDLE SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ROTINI W/MEATSAUCE GREEN BEANS BEETS GARLIC BREADSTICKS	2 NACHO W/GR BEEF & CHE YELLOW BEANS LETTUCE & TOMATO CUP CORNBREAD	3 PIZZA STICKS MARINARA SAUCE GARDEN SALAD SWEET POTATO
6 EGG & CHEESE CROISSANT HOMEMADE CHIX VEG. SO VEGETABLE STICKS	7 CHICKEN FAJITAS Onion & Peppers for Fajita STEAMED BROCCOLI CORNBREAD	8 SCRAMBLED HAMBURG BUTTERED NOODLES CORN PEAS	9 SPAGHETTI W/ MEATSAUC GREEN BEANS GARDEN SALAD WHOLE WHEAT BREAD	10 MOZZARELLA STICKS BRD SMILEY FRIES MARINARA SAUCE CALIFORNIA VEGETABLES YELLOW BEANS
13 CHEESEBURGERS ON WW OVEN FRIES CARROTS SPINACH	14 CHEESE QUESADILLA STEAMED BROCCOLI SALSA SAUCE CONFETTI BEAN SALAD CORNBREAD	15 MEATBALL GRINDERS WW PASTA SALAD GREEN BEANS	16 PORK AND GRAVY MASHED POTATO CORN SQUASH	17 STUFFED CRUST PIZZA GARDEN SALAD PEAS
20 MEAT & CHEESE TACOS LETTUCE & TOMATO CUP SPANISH RICE W BR RICE BEETS	21 SHEPHERD'S PIE W/CORN CORN GREEN BEANS	22 CHICKEN BURGERS POTATO PUFFS CARROTS YELLOW BEANS	23 BAG LUNCH	24
27	28	29	30	31

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.