

August/September 2018

Wamogo Regional High School Lunch Menu

Daily Lunch Price: Paid \$3.00 Reduced \$.40 Milk Price \$.50

Milk is offered with every meal: 1% or fat free white, fat free chocolate

Daily offerings: Assorted fresh or canned fruits, raw veggies w/hummus

Always Available: Pre-made salads, Deli Bar, Alternate Meal

Monday	Tuesday	Wednesday	Thursday	Friday
27 August	28 August	29 August Chicken Nuggets Oven Baked Fries Glazed Carrots Biscuit	30 August Mozzarella Sticks w/Marinara Tater Tots, Green Beans Breadstick	31 August Pizza Garden Salad
3 Labor Day No School	4 Chicken Patty on a Roll Oven Baked Fries Broccoli	5 Pasta with Marinara Sauce and Meatballs Garden Salad Dinner Roll	6 Soft Taco Beef or Chicken Salsa, Lettuce, Tomato, Sour Cream, Seasoned Corn Rice w/Black Beans	7 Pizza Garden Salad
10 Bosco Sticks with Marinara Sauce Steamed Broccoli	11 Egg, Sausage & Cheese on a Bagel Or English Muffin Sweet Potato Tots	12 Macaroni & Cheese Popcorn Chicken Sweet Peas Breadstick	13 Cheeseburger on a Roll Black Bean & Corn Fiesta Salad Potato Wedges Fresh Baked Cookie	14 French Bread Pizza Spinach Salad
17 French Toast Sticks with Syrup Turkey Sausage Patties Sweet Potato Fries	18 Chicken Tenders Oven Baked Fries Seasoned Corn Dinner Roll	19 Mozzarella Sticks w/Marinara Tater Tots Green Beans Breadstick	20 Chicken Quesadilla, w/Salsa & Sour Cream Herbed Broccoli & Cauliflower	21 Pizza Garden Salad
24 French Bread Pizza Seasoned Green Beans	25 Popcorn Chicken Mashed Potatoes w/Gravy Seasoned Corn Blueberry Muffin	26 Pasta w/Meat Sauce Steamed Broccoli Breadstick	27 Nachos Beef or Chicken w/Cheese, Tomato, Salsa, Sour Cream, Seasoned Corn Rice and Red Beans	28 Fried Dough Marinara and Shredded Mozzarella Spinach Salad

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Menu subject to change