

# December 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
3 French Bread Pizza Green Beans	4 Popcorn Chicken Mashed Potatoes and Gravy Seasoned Corn Blueberry Muffin	5 Pasta w/Meat Sauce Steamed Broccoli Breadstick	6 Nachos Beef or Chicken Seasoned Corn Cheese, Tomato, Salsa, Sour Cream, Rice & Red Beans	7 Pizza Choice: French Bread or Fried Dough Spinach Salad
10 Pizza Crunchers w/Marinara Sweet Peas	11 Chicken Nuggets Glazed Carrots French Fries Biscuit	12 Meatball Grinder Mixed Vegetable Blend Tater Tots	13 Hot Dog on a Roll French Fries Baked Beans Fresh Baked Cookie	14 Pizza Garden Salad
17 Asian Chicken Oriental Vegetables Steamed Brown Rice Fresh Baked Cookie	18 Chicken Patty on a Roll Steamed Broccoli Regular or Spicy Fries	19 Pasta w/Marinara And Meatballs Parmesan Cheese Garden Salad Dinner Roll	20 Soft Taco Beef or Chicken Cheese, Lettuce, Tomato, Salsa and Sour Cream, Corn Rice w/Black Beans	21 Pizza Garden Salad
24 Winter Recess	25 Winter Recess	26 Winter Recess	27 Winter Recess	28 Winter Recess
31 Winter Recess				<p><b>A healthy breakfast is available daily. If your child qualifies for free or reduced lunch, they also qualify for free or reduced breakfast</b></p>

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Menu subject to change