

February 2019



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
A healthy breakfast is available daily. If your child qualifies for free or reduced lunch, they also qualify for free or reduced breakfast				1 Pizza Garden Salad
4 Bosco Sticks With Marinara Steamed Broccoli	5 Turkey and Gravy Mashed Potatoes Seasoned Corn Corn Muffin	6 Macaroni and Cheese Popcorn Chicken Sweet Peas Breadstick	7 Cheeseburger on a Roll Black Bean & Corn Fiesta Salad Potato Wedges Fresh Baked Cookie	8 French Bread Pizza Spinach Salad
11 French Toast Sticks with Syrup Turkey Sausage Patties Sweet Potato Fries	12 Chicken Tenders Regular or Spicy Fries Seasoned Corn Dinner Roll	13 Mozzarella Sticks w/Marinara Green Beans Tater Tots Breadstick	14  Chicken Quesadilla w/Salsa, Sour Cream Herbed Broccoli & Cauliflower Special Cookie	15 Pizza Garden Salad
18 President's Day No School	19 No School	20 Popcorn Chicken Mashed Potatoes w/Gravy Seasoned Corn Blueberry Muffin	21 Beef or Chicken Nachos w/Cheese, Tomato, Salsa, Sour Cream, Corn Rice & Red Beans	22 Fried Dough With Marinara Shredded Mozzarella Spinach Salad
25 Pizza Crunchers w/Marinara Sweet Peas	26 Chicken Nuggets French Fries Glazed Carrots Biscuit	27 Meatball Grinder Onion Rings Mixed Vegetable Blend	28 Hot Dog on a Roll French Fries Baked Beans Fresh Baked Cookie	

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Menu subject to change