

January 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 |
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|  | 1 New Year's Day No School | 2 Bosco Sticks With Marinara Steamed Broccoli | 3 Cheeseburger on a Roll Black Bean & Corn Fiesta Salad Potato Wedges Fresh Baked Cookie | 4 French Bread Pizza Spinach Salad |
| 7 French Toast Sticks with Syrup Turkey Sausage Patties Sweet Potato Fries | 8 Chicken Tenders Seasoned Corn Regular or Spicy Fries Dinner Roll | 9 Mozzarella Sticks w/Marinara Green Beans Tater Tots Breadstick | 10 Chicken or Cheese Quesadilla w/Salsa, And Sour Cream Herbed Broccoli & Cauliflower | 11 Pizza Garden Salad |
| 14 French Bread Pizza Seasoned Green Beans | 15 Popcorn Chicken Mashed Potatoes w/Gravy Seasoned Corn Blueberry Muffin | 16 Pasta w/Meat Sauce Seasoned Carrots Breadstick | 17 Nachos Beef or Chicken Cheese, Tomato, Salsa, Sour Cream, Seasoned Corn Rice & Red Beans | 18 Pizza Choice: French Bread or Fried Dough Spinach Salad |
| 21 Martin Luther King Day No School | 22 Chicken Nuggets Glazed Carrots French Fries Biscuit | 23 Meatball Grinder Mixed Vegetable Blend Onion Rings | 24 Hot Dog on a Roll Baked Beans Oven Baked Fries Fresh Baked Cookie | 25 Pizza Garden Salad |
| 28 Asian Chicken Steamed Brown Rice Oriental Vegetables Fresh Baked Cookie | 29 Chicken Patty on a Roll Seasoned Broccoli Regular or Spicy Fries | 30 Pasta w/Marinara And Meatballs Parmesan Cheese Garden Salad Dinner Roll | 31 Soft Taco Beef or Chicken Salsa, Lettuce, Tomato, Sour Cream, Seasoned Corn Rice w/Black Beans | A healthy breakfast is available daily. If your child qualifies for free or reduced lunch, they also qualify for free or reduced breakfast |

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Menu subject to change