

June 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
<p>A healthy breakfast is available daily. If your child qualifies for free or reduced lunch, they also qualify for free or reduced breakfast</p>				
<p>3 Field Day</p> <p>Burger, Hot Dog, or Veggie Burger Garden Salad Watermelon</p> 	<p>4</p> <p>Chicken Tenders Regular or Spicy Fries Seasoned Corn Dinner Roll</p>	<p>5</p> <p>Mozzarella Sticks w/Marinara Green Beans Tater Tots Breadstick</p>	<p>6</p> <p>Cheese or Chicken Quesadilla Salsa, Sour Cream Herbed Broccoli & Cauliflower</p>	<p>7</p> <p>Pizza Variety Garden Salad</p>
<p>10</p> <p>French Bread Pizza Seasoned Green Beans</p>	<p>11</p> <p>Popcorn Chicken Mashed Potatoes w/Gravy Seasoned Corn Blueberry Muffin</p>	<p>12</p> <p>Pasta w/Meat Sauce Steamed Broccoli Breadstick</p>	<p>13</p> <p>Cheeseburger on a Roll Black Bean & Corn Fiesta Salad Potato Wedges Fresh Baked Cookie</p>	<p>14</p> <p>Pizza Variety Vegetable</p>
<p>17</p>	<p>18</p>	<p>19</p> 	<p>20</p>	<p>21</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>

This institution is an equal opportunity provider.

Menu subject to change