

March 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>1</p> <p>Pizza Garden Salad</p>
<p>4</p> <p>Asian Chicken Oriental Vegetables Steamed Brown Rice Fresh Baked Cookie</p>	<p>5</p> <p>Chicken Patty on a Roll Seasoned Broccoli Regular or Spicy Fries</p>	<p>6</p> <p>Pasta with Marinara And Meatballs Parmesan Cheese Garden Salad Dinner Roll</p>	<p>7</p> <p>Soft Beef or Chicken Taco Cheese, Lettuce, Tomato, Salsa, Sour Cream, Corn Rice w/Black Beans</p>	<p>8</p> <p>Pizza Garden Salad</p>
<p>11</p> <p>Bosco Sticks With Marinara Steamed Broccoli</p>	<p>12</p> <p>Turkey with Mashed Potatoes and Gravy Seasoned Corn Corn Muffin</p>	<p>13</p> <p>Macaroni and Cheese Popcorn Chicken Sweet Peas Breadstick</p>	<p>14</p> <p>Cheeseburger on a Roll Black Bean & Corn Fiesta Salad, Potato Wedges Fresh Baked Cookie</p>	<p>15</p> <p>French Bread Pizza Spinach Salad</p>
<p>18</p> <p>French Toast Sticks with Syrup Turkey Sausage Patties Sweet Potato Fries</p>	<p>19</p> <p>Chicken Tenders Regular or Spicy Fries Seasoned Corn Dinner Roll</p>	<p>20</p> <p>Mozzarella Sticks w/Marinara Green Beans Tater Tots Breadstick</p>	<p>21</p> <p>Cheese or Chicken Quesadilla w/Salsa, Sour Cream, Herbed Broccoli & Cauliflower</p>	<p>22</p> <p>Pizza Garden Salad</p>
<p>25</p> <p>French Bread Pizza Seasoned Green Beans</p>	<p>26</p> <p>Popcorn Chicken Seasoned Corn Mashed Potatoes with Gravy Blueberry Muffin</p>	<p>27</p> <p>Pasta w/Meat Sauce Steamed Broccoli Breadstick</p>	<p>28</p> <p>Beef or Chicken Nachos w/Cheese Tomato, Salsa, Sour Cream, Corn Rice & Red Beans</p>	<p>29</p> <p>Choice of: Fried Dough Or French Bread Pizza Spinach Salad</p>

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Menu subject to change