

# May 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 Mozzarella Sticks w/Marinara Green Beans Tater Tots Breadstick</p>	<p>2 <b>New Item!</b> Nacho Bites Salsa &amp; Sour Cream Seasoned Corn Cinnamon Churro</p>	<p>3 Pizza Garden Salad</p>
<p>6 French Bread Pizza Seasoned Green Beans</p>	<p>7 Popcorn Chicken Mashed Potatoes w/Gravy Seasoned Corn Blueberry Muffin</p>	<p>8 Pasta w/Meat Sauce Steamed Broccoli Breadstick</p>	<p>9 Beef or Chicken Nachos w/Cheese, Tomato, Salsa, Sour Cream, Corn Rice &amp; Red Beans</p>	<p>10 Choice of: Fried Dough or French Bread Pizza Spinach Salad</p>
<p>13 Pizza Crunchers With Marinara Sweet Peas</p>	<p>14 Chicken Nuggets French Fries Glazed Carrots Biscuit</p>	<p>15 Meatball Grinder Mixed Vegetable Blend Onion Rings</p>	<p>16 Hot Dog on a Roll Baked Beans Oven Baked Fries Fresh Baked Cookie</p>	<p>17 Pizza Garden Salad</p>
<p>20 Asian Chicken With Vegetables Steamed Brown Rice Fresh Baked Cookie</p>	<p>21 Chicken Patty on a Roll Steamed Broccoli Regular or Spicy Fries</p>	<p>22 Pasta w/Marinara And Meatballs Parmesan Cheese Garden Salad Dinner Roll</p>	<p>23 Soft Taco Beef or Chicken Cheese, lettuce, Salsa tomato, Sour Cream Seasoned Corn Rice w/Black Beans</p>	<p>24 Pizza Garden Salad</p>
<p>27 Memorial Day No School</p>	<p>28 Bosco Sticks w/Marinara Steamed Broccoli</p>	<p>29 Macaroni and Cheese Popcorn Chicken Sweet Peas Breadstick</p>	<p>30 Cheeseburger on a Roll Black Bean &amp; Corn Fiesta Salad Potato Wedges Fresh Baked Cookie</p>	<p>31 Fried Dough w/Marinara Mozz Cheese Spinach Salad</p>

This institution is an equal opportunity provider.

*Menu subject to change*