



November 2018

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 Nachos Beef or Chicken w/Cheese, Tomato, Salsa, Sour Cream, Seasoned Corn Rice and Red Beans</p>	<p>2 French Bread Pizza Or Fried Dough w/Shredded Mozz, Marinara Spinach Salad</p>
<p>5 Pizza Crunchers w/Marinara Sweet Peas</p>	<p>6 Election Day No School</p>	<p>7 Meatball Grinder Mixed Vegetable Blend Onion Rings</p>	<p>8 Hot Dog on a Roll Baked Beans Oven Baked Fries Fresh Baked Cookie</p>	<p>9 Pizza Garden Salad</p>
<p>12 Veteran's Day No School</p>	<p>13 Chicken Patty on a Roll Steamed Broccoli Regular or Spicy Fries</p>	<p>14 Pasta w/Marinara & Meatballs Parmesan Cheese, Dinner Roll Garden Salad</p>	<p>15 Turkey Dinner Mashed Potato Gravy, Vegetable Dinner Roll</p>	<p>16 Pizza Garden Salad</p>
<p>19 Bosco Sticks With Marinara Steamed Broccoli</p>	<p>20 Egg, Sausage & Cheese on a Bagel or English Muffin Sweet Potato Tots</p>	<p>21 Thanksgiving Recess No School</p>	<p>22 Thanksgiving Recess No School</p>	<p>23 Thanksgiving Recess No School</p>
<p>26 French Toast Sticks with Syrup Turkey Sausage Patties Sweet Potato Fries</p>	<p>27 Chicken Tenders Seasoned Corn Regular or Spicy Fries Dinner Roll</p>	<p>28 Mozzarella Sticks w/Marinara Green Beans Tater Tots Breadstick</p>	<p>29 Cheese or Chicken Quesadilla Sour Cream, Salsa Herbed Broccoli and Cauliflower</p>	<p>30 Pizza Garden Salad</p>

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Menu subject to change