



October 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
1 Pizza Crunchers w/Marinara Sweet Peas	2 Chicken Nuggets Glazed Carrots French Fries Biscuit	3 Meatball Grinder Onion Rings Mixed Vegetable Blend	4 Pizza Garden Salad	5 No School
8 Columbus Day No School	9 Chicken Patty on a Roll Steamed Broccoli Regular or Spicy Fries	10 Pasta w/Marinara & Meatballs, Cheese Garden Salad Dinner Roll	11 Beef or Chicken Soft Taco w/Salsa, Lettuce, Tomato, Sour Cream, Corn Rice w/Black Beans	12 Pizza Garden Salad
15 Bosco Sticks With Marinara Steamed Broccoli	16 Egg, Sausage & Cheese on a Bagel or English Muffin Sweet Potato Tots	17 Macaroni & Cheese Popcorn Chicken Sweet Peas Breadstick	18 Cheeseburger on a Roll Black Bean & Corn Fiesta Salad, Potato Wedges Fresh Baked Cookie	19 French Bread Pizza Spinach Salad
22 French Toast Sticks with Syrup Turkey Sausage Patties Sweet Potato Fries	23 Chicken Tenders Seasoned Corn Regular or Spicy Fries Dinner Roll	24 Mozzarella Sticks w/Marinara Green Beans Tater Tots Breadstick	25 Chicken or Cheese Quesadilla w/Salsa, And Sour Cream Herbed Broccoli & Cauliflower	26 Pizza Garden Salad
29 French Bread Pizza Seasoned Green Beans	30 Popcorn Chicken Mashed Potatoes w/Gravy Seasoned Corn Blueberry Muffin	31 Pasta w/Meat Sauce Steamed Broccoli Breadstick		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