

# APPONEQUET REGIONAL HIGH SCHOOL

## LUNCH MENU DECEMBER 2012

Mon	Tue	Wed	Thu	Fri	ALTERNATIVES SERVED DAILY
3 <i>GRILLED CHEESE SAND WITH A CUP OF SOUP SALAD FRUIT AND MILK</i>	4 <i>CHICKEN NUGGETTS WITH POT. VEG, FRESH FRUIT AND MILK</i>	5 <i>SHEPHERDS PIE WITH GRAVY, FRESH FRUIT AND MILK</i>	6 <i>JR TURKEY CLUB WITH PUFFS SALAD, FRESH FRUIT AND MILK</i>	7 <i>CHEESE QUESADILLA WITH SALAD, FRESH FRUIT AND MILK</i>	1) HAMBURGER OR CHEESE-BURGER 2) CHEESE PIZZA 3) CHICKEN BURGER ON A BUN 4) PREMADE SALADS 5) VARIETY OF PREMADE SANDWICHES 6) MEATBALL, SUB
10 <i>PASTA WITH MEAT SAUCE GARLIC BREAD SALAD, FRESH FRUIT AND MILK</i>	11 <i>POPCORN CHICKEN WITH POT. VEG. FRESH FRUIT AND MILK</i>	12 <i>BAKED CHICKEN DINNER WITH POT. VEG. FRESH FRUIT AND MILK</i>	13 <i>CHICKEN FAJITA WITH ALL THE TRIM-MINGS, FRESH FRUIT AND MILK</i>	14 <i>PIZZA DELUXE WITH SALAD OR VEG FRUIT AND MILK</i>	<b>PRE-PAY LUNCH PROGRAM</b>  MAY BE PURCHASED DAILY AT THE END OF EACH LUNCH IN THE CAFETERIA, AND CAN BE USED FOR THE FOLLOWING 1) DAILY SCHOOL LUNCH OR PASTA BAR 2) A CHICKEN BURGER, HAMBURGER, CHEESEBURGER WITH SALAD FRUIT AND MILK OR JUICE 3) A SLICE OF PIZZA WITH SALAD FRUIT AND MILK OR JUICE. 4) SELECTED PREMADE SANDWICHES OR SALADS WITH FRUIT AND MILK OR JUICE PAYMENT BY CHECK-NAME AND HOME ROOM IN MEMO AREA CHECKS TO BE MADE OUT TO FLRSD ALL MILK PRICES ARE \$.45 ALACARTE
17 <i>RIB-E-QUE SAND WITH PUFFS SALAD FRUIT AND MILK OR JUICE</i>	18 <i>SPICEY CHICKEN PATTY WITH SALAD FRESH FRUIT AND MILK.</i>	19 <i>MACARONI AND CHEESE WITH VEG. OR SALAD, FRESH FRUIT AND MILK.</i>	20 <i>BEEF TACO WITH ALL THE TRIMMINGS, FRESH FRUIT AND MILK</i>	21 <i>CHEESE QUESADILLA WITH SALAD, FRESH FRUIT AND MILK.</i>	
24 <i>NO FOOD SERVED</i>	25 <i>NO FOOD SERVED</i>	26 <i>NO FOOD SERVED</i>	27 <i>NO FOOD SERVED</i>	28 <i>NO FOOD SERVED</i>	
31 <i>NO FOOD SERVED</i>					