

# APPONEQUET REGIONAL HIGH SCHOOL

## LUNCH MENU MARCH 2013

Mon	Tue	Wed	Thu	Fri	
				<i>1 CHEESE QUESADILLA WITH SALAD, FRESH FRUIT AND MILK</i>	<b>ALTERNATIVES SERVED DAILY</b>  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
<i>4 GRILLED CHEESE SAND WITH A CUP OF SOUP SALAD FRUIT AND MILK</i>	<i>5 SPICEY CHICKEN PATTY WITH CHIPS, SALAD FRESH FRUIT AND MILK.</i>	<i>6 MACARONI AND CHEESE WITH VEG. OR SALAD, FRESH FRUIT AND MILK</i>	<i>7 CHICKEN FAJITA WITH ALL THE TRIMMINGS, FRESH FRUIT AND MILK</i>	<i>8 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 FLRS D
<i>11 CHICKEN NUGGETTS WITH POT. VEG, FRESH FRUIT AND MILK</i>	<i>12 .SHEPHERDS PIE WITH GRAVY, FRESH FRUIT AND MILK</i>	<i>13 .JR TURKEY CLUB WITH PUFFS SALAD, FRESH FRUIT AND MILK</i>	<i>14 BEEF TACO WITH ALL THE TRIMMINGS, FRESH FRUIT AND MILK</i>	<i>15 CHEESE QUESADILLA WITH SALAD, FRESH FRUIT AND MILK.</i>	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 FLRS D
<i>18 RIB-E-QUE SAND WITH PUFFS SALAD FRUIT AND MILK OR JUICE</i>	<i>19 CHICKEN PARM SUB WITH PUFFS SALAD, FRESH FRUIT AND MILK</i>	<i>20 BAKED CHICKEN DINNER WITH POT. VEG FRESH FRUIT AND MILK</i>	<i>21 PASTA WITH MEAT SAUCE GARLIC BREAD SALAD, FRESH FRUIT AND MILK</i>	<i>22 PIZZA DELUXE WITH SALAD OR VEG. FRUIT AND MILK</i>	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 FLRS D
<i>25 POPCORN CHICKEN WITH POT. VEG. FRESH FRUIT AND MILK</i>	<i>26 AMERICAN CHOP SUEY WITH GARLIC BREAD SALAD FRUIT AND MILK.</i>	<i>27 ROAST TURKEY DINNER WITH POT. VEG FRESH FRUIT AND MILK</i>	<i>28 THREE ALARM CHILI WITH CHIPS SALAD FRESH FRUIT AND MILK.</i>	<i>29 NO FOOD SERVED</i>	<b>ALL MILK PRICES ARE \$.45 ALACARTE</b>