

APPONEQUET REGIONAL HIGH SCHOOL LUNCH MENU JUNE 2013

Mon	Tue	Wed	Thu	Fri	ALTERNATIVES SERVED DAILY
3 <i>BUFFALO CHICKEN SANDWICH FRESH VEG, FRUIT OR DESSERT</i>	4 <i>POPCORN CHICKEN AND MASHED POTATO WITH FRESH VEG, FRUIT OR DESSERT</i>	5 <i>BEEF TACOS AND RICE WITH FRESH VEG, FRUIT OR DESSERT</i>	6 <i>CHICKEN NUGGETS AND A DINNER ROLL WITH FRESH VEG FRUIT OR DESSERT</i>	7 <i>TACO DIPPERS WITH FRESH VEG, FRUIT OR DESSERT</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>POPCORN CHICKEN WITH POT. VEG. FRESH FRUIT AND MILK</i>	11 <i>CHICKEN PARM SUB WITH VEG OR SALAD, FRUIT AND MILK.</i>	12 <i>ROAST TURKEY DINNER WITH POT. VEG FRESH FRUIT AND MILK</i>	13 <i>CHICKEN FAJITA WITH ALL THE TRIM-MINGS,FRUIT AND MILK</i>	14 <i>CHEESE QUESADILLA WITH SALAD,FRESH FRUIT AND MILK</i>	PRE-PAY LUNCH PROGRAM 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 ALL MILK PRICES ARE \$.45 ALACARTE
17 <i>RIB-E-QUE SAND WITH PUFFS SALAD FRUIT AND MILK OR JUICE</i>	18 <i>CHICKEN NUGGETS WITH SALAD FRESH FRUIT AND MILK</i>	19 <i>CHEF'S CHOICE</i>	20 <i>CHEF'S CHOICE</i>	21 <i>CHEF'S CHOICE</i>	
24 <i>CHEF'S CHOICE</i>	25 <i>CHEF'S CHOICE</i>	26 <i>NO FOOD SERVED</i>	27 <i>NO FOOD SERVED</i>	28 <i>NO FOOD SERVED</i>	