

APPONEQUET REGIONAL HIGH SCHOOL

LUNCH MENU MAY 2013

Mon	Tue	Wed	Thu	Fri	ALTERNATIVES SERVED DAILY
		1 AMERICAN CHOP SUEY WITH GARLIC BREAD SALAD FRUIT AND MILK.	2 CHICKEN NUGGETTS WITH POT, VEG, FRESH FRUIT AND MILK.	3 PIZZA DELUXE WITH SALAD OR VEG. FRESH FRUIT AND MILK	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
6 POPCORN CHICKEN WITH POT. VEG. FRESH FRUIT AND MILK	7 CHICKEN AL-FREDO OVER PASTA WITH VEG OR SALAD, FRUIT AND MILK.	8 ROAST TURKEY DINNER WITH POT. VEG FRESH FRUIT AND MILK	9 BEEFF TACO WITH ALL THE TRIMMINGS, FRUIT AND MILK	10 CHEESE QUESADILLA WITH SALAD, FRESH FRUIT AND MILK	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
13 RIB-E-QUE SAND WITH PUFFS SALAD FRUIT AND MILK OR JUICE	14 CHICKEN PARM SUB WITH SALAD FRESH FRUIT AND MILK	15 HOT DOGS AND CHIPS WITH SALAD, FRESH FRUIT AND MILK	16 CHICKEN FA-JITA WITH ALL THE TRIMMINGS, FRESH FRUIT AND MILK	17 PIZZA DELUXE WITH SALAD OR VEG. FRESH FRUIT AND MILK.	ALL MILK PRICES ARE \$.45 ALACARTE
20 CHICKEN NUGGETTS WITH POT. VEG, FRESH FRUIT AND MILK	21 PASTA WITH MEAT SAUCE GARLIC BREAD SALAD, FRESH FRUIT AND MILK	22 JR TURKEY CLUB WITH PUFFS SALAD, FRESH FRUIT AND MILK	23 MACARONI AND CHEESE WITH VEG. OR SALAD, FRESH FRUIT AND MILK	24 CHEESE QUESADILLA WITH SALAD, FRESH FRUIT AND MILK.	
27 NO FOOD SERVED	28 SPICY CHICKEN PATTY WITH CHIPS, SALAD FRESH FRUIT AND MILK.	29 SHEPHERDS PIE WITH GRAVY FRESH FRUIT AND MILK.	30 BAKED CHICKEN DINNER WITH POT. VEG FRESH FRUIT AND MILK	31 PIZZA DELUXE WITH SALAD OR VEG FRUIT AND MILK	