

APPONEQUET REGIONAL HIGH SCHOOL

LUNCH MENU NOVEMBER 2012

Mon	Tue	Wed	Thu	Fri	ALTERNATIVES SERVED DAILY
			1 GRILLED CHEESE SAND WITH A CUP OF SOUP SALAD FRUIT AND MILK	2 PIZZA DELUXE WITH SALAD OR VEG. 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
5 CHICKEN NUGGETTS WITH POT. VEG, FRESH FRUIT AND MILK	6 NO FOOD SERVED	7 BAKED CHICKEN DINNER WITH POT. VEG. FRESH FRUIT AND MILK	8 CHICKEN FAJITA WITH ALL THE TRIM- MINGS, FRESH FRUIT AND MILK	9 PIZZA DELUXE WITH SALAD OR VEG 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 FLRSD ALL MILK PRICES ARE \$.45 ALACARTE
12 NO FOOD SERVED	13 CHICKEN PARM WITH PASTA SALAD, FRUIT AND MILK	14 MACARONI AND CHEESE WITH VEG. OR SALAD, FRESH FRUIT AND MILK.	15 JR TURKEY CLUB WITH PUFFS SALAD, FRESH FRUIT AND MILK	16 PIZZA DELUXE WITH SALAD OR VEG. FRUIT AND MILK	
19 RIB-E-QUE SAND WITH PUFFS SALAD FRUIT AND MILK OR JUICE	20 PASTA WITH MEAT SAUCE GARLIC BREAD SALAD, FRESH FRUIT AND MILK.	21 NO FOOD SERVED	22 NO FOOD SERVED	23 NO FOOD SERVED	
26 POPCORN CHICKEN WITH POT. VEG. FRESH FRUIT AND MILK	27 CHEESE QUESADILLA WITH SALAD, FRESAMERI CAN CHOP SUEY WITH GARLIC	28 SHEPHERDS PIE WITH GRAVY, FRESH FRUIT AND MILK	29 BEEF TACO WITH ALL THE TRIMMINGS, FRESH FRUIT AND MILK	30 PIZZA DELUXE WITH SALAD OR VEG. FRUIT AND MILK	