

APPONEQUET REGIONAL HIGH SCHOOL

LUNCH MENU JANUARY 2013

Mon	Tue	Wed	Thu	Fri	ALTERNATIVES SERVED DAILY
	<i>1 NO FOOD SERVED</i>	<i>2 SPICEY CHICKEN PATTY WITH CHIPS,SALAD FRESH FRUIT AND MILK.</i>	<i>3 JR TURKEY CLUB WITH PUFFS SALAD,FRESH FRUIT AND MILK</i>	<i>4 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
<i>7 PASTA WITH MEAT SAUCE GARLIC BREAD SALAD,FRESH FRUIT AND MILK</i>	<i>8 BAKED CHICKEN DINNER WITH POT. VEG. FRESH FRUIT AND MILK</i>	<i>9 MACARONI AND CHEESE WITH VEG. OR SALAD,FRESH FRUIT AND MILK</i>	<i>10 CHICKEN FAJITA WITH ALL THE TRIM-MINGS,FRESH FRUIT AND MILK</i>	<i>11 PIZZA DELUXE WITH SALAD OR VEG 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
<i>14 RIB-E-QUE SAND WITH PUFFS SALAD FRUIT AND MILK OR JUICE</i>	<i>15 CHICKEN PARM SANDWICH WITH PUFFS SALAD ,FRESH FRUIT AND MILK.</i>	<i>16 .ROAST TURKEY DINNER WITH POT. VEG. A ROLL FRESH FRUIT AND MILK.</i>	<i>17 BEEF TACO WITH ALL THE TRIMMINGS,FRESH FRUIT AND MILK</i>	<i>18 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>21 NO FOOD SERVED</i>	<i>22 GRILLED CHEESE SAND WITH A CUP OF SOUP SALAD FRUIT AND MILK</i>	<i>23 SHEPHERDS PIE WITH GRAVY,FRESH FRUIT AND MILK</i>	<i>24 CHICKEN NUGGETTS WITH POT. VEG,FRESH FRUIT AND MILK</i>	<i>PIZZA DELUXE WITH SALAD OR VEG.FRESH FRUIT AND MILK</i>	ALL MILK PRICES ARE \$.45 ALACARTE
<i>28 POPCORN CHICKEN WITH POT. VEG. FRESH FRUIT AND MILK</i>	<i>29 CHICKEN ALFREDO OVER PASTA VEG OR SALAD FRUIT AND MILK.</i>	<i>30 AMERICAN CHOP SUEY WITH GARLIC BREAD SALAD FRUIT AND MILK.</i>	<i>31 THREE ALARM CHILI WITH CHIPS SALAD FRESH FRUIT AND MILK.</i>		