

# APPONEQUET REGIONAL HIGH SCHOOL

## LUNCH MENU APRIL 2013

Mon	Tue	Wed	Thu	Fri	ALTERNATIVES SERVED DAILY
1 CHICKEN NUGGETTS WITH POT. VEG, FRESH FRUIT AND MILK	2 PASTA WITH MEAT SAUCE GARLIC BREAD SALAD, FRESH FRUIT AND MILK	3 JR TURKEY CLUB WITH PUFFS SALAD, FRESH FRUIT AND MILK	4 CHICKEN FAJITA WITH ALL THE TRIMMINGS, FRESH FRUIT AND MILK	5 CHEESE QUESADILLA WITH SALAD, 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
8 RIB-E-QUE SAND WITH PUFFS SALAD FRUIT AND MILK OR JUICE	9 CHICKEN PARM SUB WITH SALAD FRESH FRUIT AND MILK	10 MACARONI AND CHEESE WITH VEG. OR SALAD, FRESH FRUIT AND MILK	11 BAKED CHICKEN DINNER WITH POT. VEG FRESH FRUIT AND MILK	12 PIZZA DELUXE WITH SALAD OR VEG FRUIT AND MILK	<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
15 NO FOOD SERVED	16. NO FOOD SERVED	17 NO FOOD SERVED	18 NO FOOD SERVED	19 NO FOOD SERVED	PAYMENT BY CHECK-NAME AND HOME ROOM IN MEMO AREA CHECKS TO BE MADE OUT TO FLRSD ALL MILK PRICES ARE \$.45 ALACARTE
22 25 POPCORN CHICKEN WITH POT. VEG. FRESH FRUIT AND MILK	23 AMERICAN CHOP SUEY WITH GARLIC BREAD SALAD FRUIT AND MILK.	24 ROAST TURKEY DINNER WITH POT. VEG FRESH FRUIT AND MILK	25 HOT DOGS AND CHIPS WITH SALAD, FRESH FRUIT AND MILK	26 CHEESE QUESADILLA WITH SALAD, FRESH FRUIT AND MILK.	
29 SPICEY CHICKEN PATTY WITH CHIPS, SALAD FRESH FRUIT AND MILK.	30 BEEFF TACO WITH ALL THE TRIMMINGS, FRUIT AND MILK				