

APRIL/MAY 2019

Agawam Public Schools

Note: Student Meal Prices \$ 2.95 Student Milk Price \$.50

Senior High School Lunch Menu (9-12)

<p>LUNCH EXPRESS</p>  <p>\$2.50</p>	<p>Mon - 4/29 CHICKEN BOWL MASHED POTATOES SEASONED CORN DINNER ROLL ASSORTED FRESH FRUIT ASSORTED BERRIES</p>	<p>Tue - 4/30 FRENCH TOAST STICKS HASH BROWNS BACON STRIPS ASSORTED FRUIT ASSORTED FRESH FRUIT</p>	<p>Wed - 5/1 CHICKEN FILLET WRAP WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p>Thurs - 5/2 FRESH ASSORTED CALZONES GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p>Fri - 5/3 TEXAS TOAST GRILLED CHEESE TOMATO SOUP GOLDFISH CRACKERS CUCUMBERS ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT</p>
<p>Specialty</p>  <p>\$2.50</p>	<p>CHICKEN BOWL MASHED POTATOES SEASONED CORN DINNER ROLL ASSORTED FRESH FRUIT ASSORTED BERRIES</p>	<p>TWIN TACOS LETTUCE, TOMATO, AND SALSA SEASONED RICE L/F DORITOS CHICKPEA SALAD ORANGE SLICES FRESH AND CHILLED FRUIT</p>	<p>CHICKEN FILLET WRAP WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p>PASTA WITH MEATSAUCE GARLIC TOAST SEASONED BROCCOLI ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>	<p>BACON CHEESEBURGER LETTUCE AND TOMATO TATER TOTS CAPE COD CHIPS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>
<p>Pizza & Salads</p>  <p>\$2.50</p>	<p>CHEESE PIZZA OR PEPPERONI PIZZA GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p>FRENCH BREAD PIZZA CHEESE OR MEAT GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p>STUFFED CRUST PIZZA GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p>FRESH ASSORTED CALZONES GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p>CHEESE PIZZA OR ASSORTED PIZZA GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>
<p>Entrée Salads</p>  <p>\$2.50</p>	<p>CHICKEN CAESAR SALAD ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p>BUFFALO POPCORN CHICKEN SALAD ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p>LOW FAT COTTAGE CHEESE ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p>ORIGINAL POPCORN CHICKEN SALAD ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p>ANNA'S SPECIALITY SALAD ON A BED OF GREENS... 4 VEGETABLE CHOICES TOPPING AVAILABLE DAILY WHOLE WHEAT DINNER ROLL</p>
<p>Deli & Wraps</p>  <p>\$2.50</p>	<p>HAM AND CHEESE WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p>TURKEY AND CHEESE WRAP WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p>CHICKEN FILLET WRAP WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p>HAM AND CHEESE OR TURKEY WRAP WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF COLE SLAW FRESH & CHILLED FRUIT</p>	<p>HAM AND CHEESE OR WRAP OF THE DAY W/ ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE VEG OF THE DAY FRESH & CHILLED FRUIT</p>

OUR MEALS INCLUDE 5 COMPONENTS: GRAINS, MEAT OR MEAT ALTERNATIVE, VEGETABLES, FRUITS AND MILK. FEDERAL GUIDELINES REQUIRE THAT EACH CHILD TAKES A MINIMUM 3 OUT OF 5 SELECTIONS TO CONSTITUTE A MEAL. PLEASE NOTE: THE ABOVE STATIONS ARE AVAILABLE TO ALL STUDENTS PAYING WITH THEIR CARD, CASH OR THOSE PARTICIPATING IN THE FREE OR REDUCED LUNCH PROGRAM. 8 OZ. MILK COMES WITH ALL MEALS!! INDIVIDUAL MILKS CAN BE PURCHASED FOR \$.50 PER UNIT

MAY 2019

**Agawam Public Schools
Senior High School Lunch Menu (9-12)**

Note: Student Meal Prices \$ 2.95 Student Milk Price \$.50

<p>LUNCH EXPRESS</p>  <p>\$2.50</p>	<p>Mon - 5/6 <u>POPCORN CHICKEN</u> DIPPING SAUCE SEASONED CORN WHIPPED POTATOES ASSORTED FRESH FRUIT ASSORTED BERRIES</p>	<p>Tue - 5/7 <u>FRENCH TOAST STICKS</u> HASH BROWNS BACON STRIPS ASSORTED FRUIT ASSORTED FRESH FRUIT</p>	<p>Wed - 5/8 <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p>Thurs - 5/9 <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p>Fri - 5/10 <u>SPICY CHICKEN PATTY</u> TATER TOTS MACARONI SALAD ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT</p>
<p>Specialty</p>  <p>\$2.50</p>	<p><u>MOZZARELLA STICKS</u> MASHED POTATOES SEASONED CORN DINNER ROLL ASSORTED FRESH FRUIT ASSORTED BERRIES</p>	<p><u>LOADED NACHOS</u> LETTUCE, TOMATO, AND SALSA SEASONED RICE GREEN BEANS L/F DORITOS ORANGE SLICES FRESH AND CHILLED FRUIT</p>	<p><u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p><u>PASTA WITH MEATSAUCE</u> GARLIC TOAST SEASONED BROCCOLI ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>	<p><u>BBQ RIB-B-QUE</u> BAKED BEANS ONION RINGS CORN BREAD ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>
<p>Pizza & Salads</p>  <p>\$2.50</p>	<p><u>CHEESE PIZZA</u> OR <u>PEPPERONI</u> <u>PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p><u>FRENCH BREAD PIZZA</u> <u>CHEESE OR MEAT</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p><u>STUFFED CRUST PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p><u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p><u>CHEESE PIZZA</u> OR <u>ASSORTED PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>
<p>Entrée Salads</p>  <p>\$2.50</p>	<p><u>CHICKEN</u> <u>CAESAR SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><u>BUFFALO POPCORN CHICKEN</u> <u>SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><u>LOW FAT COTTAGE CHEESE</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><u>ORIGINAL POPCORN CHICKEN</u> <u>SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><u>ANNA'S SPECIALITY</u> <u>SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES TOPPING AVAILABLE DAILY WHOLE WHEAT DINNER ROLL</p>
<p>Deli & Wraps</p>  <p>\$2.50</p>	<p><u>HAM AND CHEESE</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p><u>TURKEY AND CHEESE WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p><u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p><u>HAM AND CHEESE</u> OR <u>TURKEY WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF COLE SLAW FRESH & CHILLED FRUIT</p>	<p><u>HAM AND CHEESE</u> OR <u>WRAP OF THE DAY</u> W/ ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE VEG OF THE DAY FRESH & CHILLED FRUIT</p>






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Senior High School Lunch Menu (9-12)

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LUNCH EXPRESS  \$2.50	Mon - 5/13 <u>POPCORN CHICKEN</u> DIPPING SAUCE SEASONED CORN WHIPPED POTATOES ASSORTED FRESH FRUIT ASSORTED BERRIES	Tue - 5/14 <u>CHICKEN AND WAFFLES</u> HASH BROWNS PORK SAUSAGE ASSORTED FRUIT ASSORTED FRESH FRUIT	Wed - 5/15 <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	Thurs - 5/16 <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	Fri - 5/17 <u>CHICKEN PARM GRINDER</u> CAESAR SALAD L/F CAPE COD CHIPS ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT
Specialty  \$2.50	<u>CORN DOG ON A STICK</u> OVEN BAKED BEANS CHEESY BREAD ASSORTED FRESH FRUIT ASSORTED BERRIES	<u>TWIN TACOS</u> LETTUCE, TOMATO, AND SALSA SEASONED RICE CARROTS FRESH AND CHILLED FRUIT CHURRO	<u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<u>PASTA WITH MEATSAUCE</u> GARLIC TOAST SEASONED BROCCOLI ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>BIG MAC BURGER</u> LEUTTUCE, TOMATO, PICKLES OVEN BAKED FRIES GREEN BEANS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT
Pizza & Salads  \$2.50	<u>CHEESE PIZZA</u> <u>OR</u> <u>PEPPERONI</u> <u>PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<u>FRENCH BREAD PIZZA</u> <u>CHEESE OR MEAT</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<u>STUFFED CRUST PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<u>CHEESE PIZZA</u> <u>OR</u> <u>ASSORTED PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT
Entrée Salads  \$2.50	<u>CHICKEN</u> <u>CAESAR SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	<u>BUFFALO POPCORN CHICKEN</u> <u>SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	<u>LOW FAT COTTAGE CHEESE</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	<u>ORIGINAL POPCORN CHICKEN</u> <u>SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	<u>ANNA'S SPECIALITY</u> <u>SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES TOPPING AVAILABLE DAILY WHOLE WHEAT DINNER ROLL
Deli & Wraps  \$2.50	<u>HAM AND CHEESE</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATOE & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<u>TURKEY AND CHEESE WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<u>HAM AND CHEESE</u> <u>OR</u> <u>TURKEY WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATOE & CHEESE *SIDE OF COLE SLAW FRESH & CHILLED FRUIT	<u>HAM AND CHEESE</u> <u>OR</u> <u>WRAP OF THE DAY</u> W/ ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE VEG OF THE DAY FRESH & CHILLED FRUIT

OUR MEALS INCLUDE 5 COMPONENTS: GRAINS, MEAT OR MEAT ALTERNATIVE, VEGETABLES, FRUITS AND MILK. FEDERAL GUIDELINES REQUIRE THAT EACH CHILD TAKES A MINIMUM 3 OUT OF 5 SELECTIONS TO CONSTITUTE A MEAL. PLEASE NOTE: THE ABOVE STATIONS ARE AVAILABLE TO ALL STUDENTS PAYING WITH THEIR CARD, CASH OR THOSE PARTICIPATING IN THE FREE OR REDUCED LUNCH PROGRAM. 8 OZ. MILK COMES WITH ALL MEALS!! INDIVIDUAL MILKS CAN BE PURCHASED FOR \$.50 PER UNIT

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<p>LUNCH EXPRESS</p>  <p>\$2.50</p>	<p>Mon - 5/20 <u>POPCORN CHICKEN</u> DIPPING SAUCE SEASONED CORN SEASONED RICE ASSORTED FRESH FRUIT ICE CREAM SANDWICH</p>	<p>Tue - 5/21 <u>FRENCH TOAST STICKS</u> W/ SYRUP HASH BROWNS PORK SAUSAGE ASSORTED FRUIT ASSORTED FRESH FRUIT</p>	<p>Wed - 5/22 <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p>Thurs - 5/23 <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p>Fri - 5/24 <u>SPICY CHICKEN PATTY</u> OVEN BAKED FRIES SEASONED VEGETABLE ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT</p>
<p>Specialty</p>  <p>\$2.50</p>	<p><u>POPCORN CHICKEN</u> DIPPING SAUCE SEASONED CORN SEASONED RICE ASSORTED FRESH FRUIT ICE CREAM SANDWICH</p>	<p><u>LOADED NACHOS</u> LETTUCE, TOMATO, AND SALSA SEASONED RICE CARROTS FRESH AND CHILLED FRUIT BREAD STICK</p>	<p><u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p><u>PASTA WITH MEATBALLS</u> GARLIC TOAST SEASONED BROCCOLI ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>	<p><u>BACON BURGER</u> LETTUCE, TOMATO OVEN BAKED FRIES GREEN BEANS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>
<p>Pizza & Salads</p>  <p>\$2.50</p>	<p><u>CHEESE PIZZA</u> OR <u>PEPPERONI PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p><u>FRENCH BREAD PIZZA</u> CHEESE OR MEAT GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p><u>STUFFED CRUST PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p><u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p><u>CHEESE PIZZA</u> OR <u>ASSORTED PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>
<p>Entrée Salads</p>  <p>\$2.50</p>	<p><u>CHICKEN CAESAR SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><u>BUFFALO POPCORN CHICKEN SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><u>LOW FAT COTTAGE CHEESE</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><u>ORIGINAL POPCORN CHICKEN SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><u>ANNA'S SPECIALITY SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES TOPPING AVAILABLE DAILY WHOLE WHEAT DINNER ROLL</p>
<p>Deli & Wraps</p>  <p>\$2.50</p>	<p><u>HAM AND CHEESE</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p><u>TURKEY AND CHEESE WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p><u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p><u>HAM AND CHEESE</u> OR <u>TURKEY WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF COLE SLAW FRESH & CHILLED FRUIT</p>	<p><u>HAM AND CHEESE</u> OR <u>WRAP OF THE DAY</u> W/ ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE VEG OF THE DAY FRESH & CHILLED FRUIT</p>

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