






DECEMBER 2019

Agawam Public Schools

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

Senior High School Lunch Menu (9-12)

	Mon - 12/2	Tue - 12/3	Wed - 12/4	Thurs - 12/5	Fri - 12/6
LUNCH EXPRESS  \$2.50	<u>BUFFALO CHICKEN CHUNKS</u> WHIPPED POTATOES SEASONED VEGETABLE WG KNOT ASSORTED FRESH FRUIT	<u>BACON CHEESEBURGER</u> LETTUCE TOMATO TATER TOTS PASTA SALAD ASSORTED FRESH FRUIT	½ DAY NO LUNCH	<u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<u>SPICY CHICKEN SANDWICH</u> OVEN BAKED FRIES SEASONED CARROTS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT
Specialty  \$2.50	<u>MINI CORN DOGS</u> WHIPPED POTATOES SEASONED VEGETABLE L/F PRETZELS ASSORTED FRESH FRUIT	<u>GENERAL TSO CHICKEN</u> SEASONED RICE ORIENTAL VEGETABLE FRUIT CUP FRESH AND CHILLED FRUIT	½ DAY NO LUNCH	<u>PASTA WITH MEATBALLS</u> GARLIC KNOT SEASONED VEGETABLE ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>BBQ RIB – B- QUE</u> OVEN BAKED FRIES BAKED BEANS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT
Pizza & Salads  \$2.50	<u>CHEESE PIZZA</u> OR <u>PEPPERONI 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	½ DAY NO LUNCH	<u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<u>CHEESE PIZZA</u> OR <u>ASSORTED PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT
Entrée Salads  \$2.50	<u>CHICKEN CAESAR SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	<u>BUFFALO POPCORN CHICKEN SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	½ DAY NO LUNCH	<u>ORIGINAL POPCORN CHICKEN SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	<u>ANNA'S SPECIALITY 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 TOMATO & 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	½ DAY NO LUNCH	<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	<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






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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LUNCH EXPRESS  \$2.50	Mon - 12/9 <u>POPCORN CHICKEN</u> ROASTED SWEET POTATOES SEASONED BROCCOLI GARLIC KNOT ASSORTED FRESH AND CHILLED FRUIT	Tue - 12/10 <u>CHICKEN AND WAFFLES</u> WITH SYUP HASH BROWNS ASSORTED MUFFINS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	Wed - 12/11 <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF COLE SLAW FRESH & CHILLED FRUIT	Thurs - 12/12 <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	Fri - 12/13 <u>SPICY CHICKEN SANDWICH</u> CURLY FRIES SEASONED CARROTS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT
Specialty  \$2.50	<u>LOADED NACHOS</u> SEASONED GROUND BEEF LETTUCE, TOMATO, SALSA, CHEESE CORN AND BLACKBEAN SALAD ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>GRILLED CHEESE AND TOMATO SOUP</u> GOLDFISH CRACKERS TATER TOTS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF COLE SLAW FRESH & CHILLED FRUIT	<u>PASTA WITH MEATBALLS</u> GARLIC KNOT SEASONED VEGETABLE ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>CHICKEN PARMESAN GRINDER</u> CELERY STICKS WITH RANCH POTATO WEDGES ASSORTED FRESH AND CHILLED FRUIT
Pizza & Salads  \$2.50	<u>CHEESE PIZZA</u> <u>OR</u> <u>PEPPERONI 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 CAESAR SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	<u>BUFFALO POPCORN CHICKEN 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 SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	<u>ANNA'S SPECIALITY SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES TOPPING AVAILABLE DAILY WHOLE WHEAT DINNER ROLL
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