

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 <u>CHICKEN BOWL</u> MASHED POTATOES SEASONED CORN DINNER ROLL ASSORTED FRESH FRUIT ASSORTED BERRIES</p>	<p>Tue - 4/30 <u>FRENCH TOAST STICKS</u> HASH BROWNS BACON STRIPS ASSORTED FRUIT ASSORTED FRESH FRUIT</p>	<p>Wed - 5/1 <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT</p>	<p>Thurs - 5/2 <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT</p>	<p>Fri - 5/3 <u>TEXAS TOAST GRILLED CHEESE</u> TOMATO SOUP GOLDFISH CRACKERS CUCUMBERS ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT</p>
<p>Specialty</p>  <p>\$2.50</p>	<p><u>CHICKEN BOWL</u> MASHED POTATOES SEASONED CORN DINNER ROLL ASSORTED FRESH FRUIT ASSORTED BERRIES</p>	<p><u>TWIN TACOS</u> LETTUCE, TOMATO, AND SALSA SEASONED RICE L/F DORITOS CHICKPEA SALAD 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>BACON CHEESEBURGER</u> LETTUCE AND TOMATO TATER TOTS CAPE COD CHIPS 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> <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 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>

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