






# DECEMBER 2018

# Agawam Public Schools

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

## Senior High School Lunch Menu (9-12)

| <b>LUNCH EXPRESS</b><br><br>\$2.50                | <b>Mon - 12/31</b><br><br>HAPPY NEW YEAR!!! | <b>Tue - 1/1</b><br><br>HAPPY NEW YEAR!!! | <b>Wed - 1/2</b><br><u>CHICKEN FILLET WRAP</u><br><br>WITH ASSORTED SAUCE<br>* SERVED W/LETTUCE<br>TOMATO & CHEESE<br>*SIDE OF PASTA SALAD<br>FRESH & CHILLED FRUIT | <b>Thurs - 1/3</b><br><u>POPCORN CHICKEN</u><br>SEASONED RICE<br>SEASONED CORN<br>DINNER ROLL<br>FRESH AND ASSORTED FRUIT   | <b>Fri - 1/4</b><br><u>BBQ RIB-B-QUE</u><br>OVEN BAKED FRIES<br>VEGETARIAN BEANS<br>ASSORTED FRESH FRUIT<br>ASSORTED CHILLED FRUIT  |
|---|---|---|---|---|---|
| <b>INCLUSIVE WEEK!</b><br>Specialty<br><br>\$2.50 | HAPPY NEW YEAR!!!                           | HAPPY NEW YEAR!!!                         | <u>CHICKEN FILLET WRAP</u><br>WITH ASSORTED SAUCE<br>* SERVED W/LETTUCE<br>TOMATO & CHEESE<br>*SIDE OF PASTA SALAD<br>FRESH & CHILLED FRUIT                         | <u>SPICY CHICKEN PATTY</u><br>WG BUN<br>SEASONED RICE<br>SEASONED CORN<br>ASSORTED FRESH FRUIT<br>ASSORTED CHILLED FRUIT  | <u>STEAK AND CHEESE GRINDER</u><br>MOZZARELLA CHEESE<br>ONION RINGS<br>ASSORTED FRESH FRUIT<br>ASSORTED CHILLED FRUIT   |
| Pizza & Salads<br><br>\$2.50                      | HAPPY NEW YEAR!!!                           | HAPPY NEW YEAR!!!                         | <u>STUFFED CRUST PIZZA</u><br><br>GARDEN SALAD<br>W/LITE DRESSING<br>FRESH & CHILLED FRUIT  | <u>CHEESE PIZZA</u><br><u>OR</u><br><u>PEPPERONI PIZZA</u><br>GARDEN SALAD<br>W/LITE DRESSING<br>FRESH & CHILLED FRUIT  | <u>CHEESE PIZZA</u><br><u>OR</u><br><u>ASSORTED PIZZA</u><br>GARDEN SALAD<br>W/LITE DRESSING<br>FRESH & CHILLED FRUIT   |
| Entrée Salads<br><br>\$2.50                      | HAPPY NEW YEAR!!!                           | HAPPY NEW YEAR!!!                         | <u>LOW FAT COTTAGE CHEESE</u><br><br>ON A BED OF GREENS...<br>4 VEGETABLE CHOICES<br>ADDITIONAL TOPPING<br>WHOLE WHEAT DINNER ROLL                                  | <u>ORIGINAL POPCORN CHICKEN SALAD</u><br>ON A BED OF GREENS...<br>4 VEGETABLE CHOICES<br>ADDITIONAL TOPPING<br>WHOLE WHEAT DINNER ROLL                                      | <u>ANNA'S SPECIALITY SALAD</u><br>ON A BED OF GREENS...<br>4 VEGETABLE CHOICES<br>TOPPING AVAILABLE DAILY<br>WHOLE WHEAT DINNER ROLL  |
| Deli & Wraps<br><br>\$2.50                      | HAPPY NEW YEAR!!!                           | HAPPY NEW YEAR!!!                         | <u>CHICKEN FILLET WRAP</u><br><br>WITH ASSORTED SAUCE<br>* SERVED W/LETTUCE<br>TOMATO & CHEESE<br>*SIDE OF PASTA SALAD<br>FRESH & CHILLED FRUIT                     | <u>HAM AND CHEESE</u><br><u>OR</u><br><u>TURKEY WRAP</u><br><br>WITH ASSORTED SAUCE<br>* SERVED W/LETTUCE<br>TOMATO & CHEESE<br>*SIDE OF COLE SLAW<br>FRESH & CHILLED FRUIT | <u>HAM AND CHEESE</u><br><u>OR</u><br><u>WRAP OF THE DAY</u><br><br>W/ ASSORTED SAUCE<br>* SERVED W/LETTUCE<br>TOMATO & CHEESE<br>*SIDE VEG OF THE DAY<br>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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## Senior High School Lunch Menu (9-12)

|   |   |  |  |   |   |
|---|---|--|--|---|---|
| <p><b>LUNCH EXPRESS</b></p>  <p>\$2.50</p>          | <p><b>Mon - 1/7</b><br/><b><u>BAKED MOZZARELLA STICKS</u></b><br/>BAKED KRINKLE CUT FRIES<br/>SEASONED BROCCOLI<br/>ASSORTED FRESH<br/>AND CHILLED FRUIT</p>                  | <p><b>Tue - 1/8</b><br/><b><u>FRENCH TOAST STICKS</u></b><br/>PORK SAUSAGE<br/>HASHBROWN<br/>ASSORTED FRESH<br/>AND CHILLED FRUIT</p>  | <p><b>Wed - 1/9</b><br/><b><u>CHICKEN FILLET WRAP</u></b><br/><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF PASTA SALAD<br/>FRESH &amp; CHILLED FRUIT</p> | <p><b>Thurs - 1/10</b><br/><b><u>POPCORN CHICKEN</u></b><br/>WHIPPEN POTATOES<br/>SEASONED CORN<br/>DINNER ROLL<br/>FRESH AND ASSORTED FRUIT</p>  | <p><b>Fri - 1/11</b><br/><b><u>SOUTHWEST BURGER</u></b><br/>OVEN BAKED FRIES<br/>VEGETARIAN BEANS<br/>ASSORTED FRESH FRUIT<br/>ASSORTED CHILLED FRUIT</p>   |
| <p>INCLUSIVE WEEK!<br/>Specialty</p>  <p>\$2.50</p> | <p><b><u>SPICY CHICKEN TENDERS</u></b><br/><b><u>WITH SAUCE</u></b><br/>BAKED KRINKLE CUT FRIES<br/>SEASONED BROCCOLI<br/>ASSORTED FRESH<br/>AND CHILLED FRUIT</p>            | <p><b><u>ALL BEEF TACOS</u></b><br/>LETTUCE, TOMATO, SALSA, CHEESE<br/>SEASONED CARROTS<br/>SPANISH RICE<br/>ASSORTED FRESH FRUIT<br/>ASSORTED CHILLED FRUIT<br/>CHURRO</p>    | <p><b><u>CHICKEN FILLET WRAP</u></b><br/><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF PASTA SALAD<br/>FRESH &amp; CHILLED FRUIT</p>                      | <p><b><u>SPICY CHICKEN PATTY</u></b><br/>WG BUN<br/>WHIPPEN POTATOES<br/>SEASONED CORN<br/>ASSORTED FRESH FRUIT<br/>ASSORTED CHILLED FRUIT</p>  | <p><b><u>MEATBALL GRINDER</u></b><br/>MOZZARELLA CHEESE<br/>CAESAR SALAD<br/>L/F DORITOS<br/>ASSORTED FRESH FRUIT<br/>ASSORTED CHILLED FRUIT</p>  |
| <p>Pizza &amp; Salads</p>  <p>\$2.50</p>            | <p><b><u>CHEESE PIZZA</u></b><br/><b><u>OR</u></b><br/><b><u>PEPPERONI</u></b><br/><b><u>PIZZA</u></b><br/>GARDEN SALAD<br/>W/LITE DRESSING<br/>FRESH &amp; CHILLED FRUIT</p> | <p><b><u>FRENCH BREAD PIZZA</u></b><br/><b><u>CHEESE OR MEAT</u></b><br/><br/>GARDEN SALAD<br/>W/LITE DRESSING<br/>FRESH &amp; CHILLED FRUIT</p>                               | <p><b><u>STUFFED CRUST PIZZA</u></b><br/><br/>GARDEN SALAD<br/>W/LITE DRESSING<br/>FRESH &amp; CHILLED FRUIT</p>   | <p><b><u>CHEESE PIZZA</u></b><br/><b><u>OR</u></b><br/><b><u>PEPPERONI</u></b><br/><b><u>PIZZA</u></b><br/>GARDEN SALAD<br/>W/LITE DRESSING<br/>FRESH &amp; CHILLED FRUIT</p>   | <p><b><u>CHEESE PIZZA</u></b><br/><b><u>OR</u></b><br/><b><u>ASSORTED PIZZA</u></b><br/>GARDEN SALAD<br/>W/LITE DRESSING<br/>FRESH &amp; CHILLED FRUIT</p>  |
| <p>Entrée<br/>Salads</p>  <p>\$2.50</p>            | <p><b><u>CHICKEN</u></b><br/><b><u>CAESAR SALAD</u></b><br/><br/>ON A BED OF GREENS...<br/>4 VEGETABLE CHOICES<br/>ADDITIONAL TOPPING<br/>WHOLE WHEAT DINNER ROLL</p>         | <p><b><u>BUFFALO POPCORN CHICKEN</u></b><br/><b><u>SALAD</u></b><br/><br/>ON A BED OF GREENS...<br/>4 VEGETABLE CHOICES<br/>ADDITIONAL TOPPING<br/>WHOLE WHEAT DINNER ROLL</p> | <p><b><u>LOW FAT COTTAGE CHEESE</u></b><br/><br/>ON A BED OF GREENS...<br/>4 VEGETABLE CHOICES<br/>ADDITIONAL TOPPING<br/>WHOLE WHEAT DINNER ROLL</p>  | <p><b><u>ORIGINAL POPCORN CHICKEN</u></b><br/><b><u>SALAD</u></b><br/><br/>ON A BED OF GREENS...<br/>4 VEGETABLE CHOICES<br/>ADDITIONAL TOPPING<br/>WHOLE WHEAT DINNER ROLL</p>   | <p><b><u>ANNA'S SPECIALITY</u></b><br/><b><u>SALAD</u></b><br/><br/>ON A BED OF GREENS...<br/>4 VEGETABLE CHOICES<br/>TOPPING AVAILABLE DAILY<br/>WHOLE WHEAT DINNER ROLL</p>   |
| <p>Deli &amp;<br/>Wraps</p>  <p>\$2.50</p>        | <p><b><u>HAM AND CHEESE</u></b><br/><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF PASTA SALAD<br/>FRESH &amp; CHILLED FRUIT</p>        | <p><b><u>TURKEY AND CHEESE WRAP</u></b><br/><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF PASTA SALAD<br/>FRESH &amp; CHILLED FRUIT</p> | <p><b><u>CHICKEN FILLET WRAP</u></b><br/><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF PASTA SALAD<br/>FRESH &amp; CHILLED FRUIT</p>                      | <p><b><u>HAM AND CHEESE</u></b><br/><b><u>OR</u></b><br/><b><u>TURKEY WRAP</u></b><br/><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF COLE SLAW<br/>FRESH &amp; CHILLED FRUIT</p> | <p><b><u>HAM AND CHEESE</u></b><br/><b><u>OR</u></b><br/><b><u>WRAP OF THE DAY</u></b><br/><br/>W/ ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE VEG OF THE DAY<br/>FRESH &amp; CHILLED FRUIT</p> |






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## Senior High School Lunch Menu (9-12)

| <b>LUNCH EXPRESS</b>   | <b>Mon - 1/14</b>   | <b>Tue - 1/15</b>   | <b>Wed - 1/16</b>  | <b>Thurs - 1/17</b>  | <b>Fri - 1/18</b>              |
|--|---|---|--|--|--------------------------------|
|  <p>\$2.50</p>                           | <p><b><u>BUFFALO CHICKEN CHUNKS</u></b><br/>WITH DIPPING SAUCE<br/>SEASONED RICE<br/>SEASONED CORN<br/>ASSORTED FRESH FRUIT<br/>FRESH &amp; CHILLED FRUIT</p>     | <p><b><u>GRILLED CHICKEN BREAST SANDWICH</u></b><br/>LETTUCE AND TOMATO<br/>CHICK PEA SALAD<br/>L/F CAPE COD CHIPS<br/>ASSORTED FRESH AND CHILLED FRUIT</p>               | <p><b><u>CHICKEN FILLET WRAP</u></b><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF PASTA SALAD<br/>FRESH &amp; CHILLED FRUIT</p> | <p><b><u>FRESH ASSORTED CALZONES</u></b><br/>GARDEN SALAD<br/>W/LITE DRESSING<br/>FRESH &amp; CHILLED FRUIT</p>  | <p>½ DAY<br/><br/>NO LUNCH</p> |
| <p>Specialty</p>  <p>\$2.50</p>          | <p><b><u>SPICY CHICKEN PATTY</u></b><br/>WG BUN<br/>SEASONED RICE<br/>SEASONED CORN<br/>ASSORTED FRESH FRUIT<br/>ASSORTED CHILLED FRUIT</p>                       | <p><b><u>PASTA WITH MEATSAUCE</u></b><br/>GARLIC TOAST<br/>SEASONED BROCCOLI<br/>ASSORTED FRESH FRUIT<br/>ASSORTED CHILLED FRUIT</p>                                      | <p><b><u>CHICKEN FILLET WRAP</u></b><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF PASTA SALAD<br/>FRESH &amp; CHILLED FRUIT</p> | <p><b><u>BACON CHEESEBERGER</u></b><br/>WG BUN<br/>TATER TOTS<br/>CARROT STICKS WITH RANCH<br/>ASSORTED FRESH FRUIT<br/>ASSORTED CHILLED FRUIT</p>                             | <p>½ DAY<br/><br/>NO LUNCH</p> |
| <p>Pizza &amp; Salads</p>  <p>\$2.50</p> | <p><b><u>CHEESE PIZZA OR PEPPERONI PIZZA</u></b><br/>GARDEN SALAD<br/>W/LITE DRESSING<br/>FRESH &amp; CHILLED FRUIT</p>   | <p><b><u>FRENCH BREAD PIZZA CHEESE OR MEAT</u></b><br/>GARDEN SALAD<br/>W/LITE DRESSING<br/>FRESH &amp; CHILLED FRUIT</p>   | <p><b><u>STUFFED CRUST PIZZA</u></b><br/>GARDEN SALAD<br/>W/LITE DRESSING<br/>FRESH &amp; CHILLED FRUIT</p>  | <p><b><u>FRESH ASSORTED CALZONES</u></b><br/>GARDEN SALAD<br/>W/LITE DRESSING<br/>FRESH &amp; CHILLED FRUIT</p>  | <p>½ DAY<br/><br/>NO LUNCH</p> |
| <p>Entrée Salads</p>  <p>\$2.50</p>     | <p><b><u>CHICKEN CAESAR SALAD</u></b><br/>ON A BED OF GREENS...<br/>4 VEGETABLE CHOICES<br/>ADDITIONAL TOPPING<br/>WHOLE WHEAT DINNER ROLL</p>                    | <p><b><u>BUFFALO POPCORN CHICKEN SALAD</u></b><br/>ON A BED OF GREENS...<br/>4 VEGETABLE CHOICES<br/>ADDITIONAL TOPPING<br/>WHOLE WHEAT DINNER ROLL</p>                   | <p><b><u>LOW FAT COTTAGE CHEESE</u></b><br/>ON A BED OF GREENS...<br/>4 VEGETABLE CHOICES<br/>ADDITIONAL TOPPING<br/>WHOLE WHEAT DINNER ROLL</p>                       | <p><b><u>ORIGINAL POPCORN CHICKEN SALAD</u></b><br/>ON A BED OF GREENS...<br/>4 VEGETABLE CHOICES<br/>ADDITIONAL TOPPING<br/>WHOLE WHEAT DINNER ROLL</p>                       | <p>½ DAY<br/><br/>NO LUNCH</p> |
| <p>Deli &amp; Wraps</p>  <p>\$2.50</p> | <p><b><u>HAM AND CHEESE</u></b><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF PASTA SALAD<br/>FRESH &amp; CHILLED FRUIT</p> | <p><b><u>TURKEY AND CHEESE WRAP</u></b><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF PASTA SALAD<br/>FRESH &amp; CHILLED FRUIT</p> | <p><b><u>CHICKEN FILLET WRAP</u></b><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF PASTA SALAD<br/>FRESH &amp; CHILLED FRUIT</p> | <p><b><u>HAM AND CHEESE OR TURKEY WRAP</u></b><br/>WITH ASSORTED SAUCE<br/>* SERVED W/LETTUCE<br/>TOMATO &amp; CHEESE<br/>*SIDE OF COLE SLAW<br/>FRESH &amp; CHILLED FRUIT</p> | <p>½ DAY<br/><br/>NO LUNCH</p> |

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