

# FEBRUARY 2019

# Agawam Public Schools

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

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

<b>LUNCH EXPRESS</b>  \$2.50	<b>Mon - 2/25</b> <u>MOZZARELLA STICKS</u> WITH DIPPING SAUCE WHIPPED POTATOES SEASONED GREEN BEANS DINNER ROLL ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT	<b>Tue - 2/26</b> <u>BACON, EGG, AND CHEESE ON A BAGEL</u> HASH BROWNS ORANGE SLICES ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<b>Wed - 2/27</b> <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<b>Thurs - 2/28</b> <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<b>Fri - 3/1</b> <u>TEXAS TOAST GRILLED CHEESE</u> TOMATO SOUP GOLDFISH CRACKERS ASSORTED FRESH AND CHILLED FRUIT
<b>Specialty</b>  \$2.50	<u>CHICKEN BOWL</u> SEASONED CORN WHIPPED POTATOES BREAD STICK ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>SPICY CHICKEN PATTY</u> LETTUCE AND TOMATO CELERY STICKS AND RANCH SPIRAL FRIES ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<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>MEATBALL GRINDER</u> BAKED BEANS TATER TOTS LF BAKED LAYS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT
<b>Pizza &amp; Salads</b>  \$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
<b>Entrée Salads</b>  \$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
<b>Deli &amp; Wraps</b>  \$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	<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 TOMATO & 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**

# MARCH 2019

# Agawam Public Schools

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

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

<b>LUNCH EXPRESS</b>  \$2.50	<b>Mon - 3/4</b> <u>POPCORN CHICKEN</u> WITH DIPPING SAUCE OVEN BAKED FRIES SEASONED CARROTS DINNER ROLL ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT	<b>Tue - 3/5</b> <u>FRENCH TOAST STICLS</u> HASH BROWNS TURKEY SAUSAGE ORANGE SLICES ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<b>Wed - 3/6</b> ½ DAY  <b>NO LUNCH</b>	<b>Thurs - 3/7</b> <u>FRESH ASSORTED CALZONES</u>  GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<b>Fri - 3/8</b> <u>BBQ CHICKEN QUARTERS</u> MASHED POTATOES GREEN BEANS DINNER ROLL CORN MUFFIN AND CHILLED FRUIT
Specialty  \$2.50	<u>GENERAL TSO CHICKEN</u> ORIENTAL VEGETABL SEASONED RICE ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>TWIN TACOS</u> LETTUCE, TOMATO, SHREDDED CHEESE, SALSA /F DORITOS CORN APPLE CHURRO FRESH AND CHILLED FRUIT	½ DAY  <b>NO LUNCH</b>	<u>PASTA WITH MEATBALLS</u> GARLIC KNOT SEASONED BROCCOLI ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>BBQ RIB-B-QUE</u> BAKED BEANS TATER TOTS LF BAKED LAYS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT
Pizza & Salads  \$2.50	<u>CHEESE PIZZA</u> OR <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	½ DAY  <b>NO LUNCH</b>	<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</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	½ DAY  <b>NO LUNCH</b>	<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	½ DAY  <b>NO LUNCH</b>	<u>HAM AND CHEESE</u> OR <u>TURKEY WRAP</u>  WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATOE & 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






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

<b>LUNCH EXPRESS</b>  \$2.50	<b>Mon - 3/11</b> <u>MOZZARELLA STICKS</u> WITH DIPPING SAUCE OVEN BAKED FRIES SEASONED CARROTS DINNER ROLL ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT	<b>Tue - 3/12</b> <u>FRENCH TOAST STICKS</u> HASH BROWNS TURKEY SAUSAGE ORANGE SLICES ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<b>Wed - 3/13</b> <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<b>Thurs - 3/14</b> <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<b>Fri - 3/15</b> <u>TEXAS TOAST GRILLED CHEESE</u> TOMATO SOUP CARROTS GOLDFISH CRACKERS FRESH AND CHILLED FRUIT
<b>Specialty</b>  \$2.50	<u>SPICY CHICKEN PATTY</u> LETTUCE, TOMATO TATER TOTS LF BAKED LAYS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>TWIN TACOS</u> LETTUCE, TOMATO, SHREDDED CHEESE, SALSA L/F DORITOS CORN APPLE CHURRO FRESH AND CHILLED FRUIT	<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>BACON CHEESEBURGER</u> LETTUCE, TOMATO BAKED BEANS FRENCH FRIES ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT
<b>Pizza &amp; Salads</b>  \$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	<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> OR <u>ASSORTED PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT
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