

# MARCH 2019

# Agawam Public Schools

**Note: Student Meal Prices \$ 2.95 / Student Milk Price \$.40**

**JR. HIGH SCHOOL (7&8)**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
STUDENTS CAN SUBSTITUTE: *WOW BUTTER AND FLUFF" OR YOGURT PACK <u>AS A MAIN MEAL!!</u>	If you have any questions please call the Food Service Department (821-0559)				1 "ULTRA-GRAIN" STUFFED CRUST CHEESE PIZZA SALAD WITH LITE DRESSING FRESH & CHILLED FRUIT SCHOOL BAKED COOKIE
STUDENTS CAN SUBSTITUTE: GRILLED CHEESE OR YOGURT PACK <u>AS A MAIN MEAL!!</u>	4 CHICKEN TENDERS SPIRAL FRIES CELERY AND RANCH ASSORTED FRESH AND CHILLED FRUIT	5 FRENCH TOAST STICKS W/ SYRUP PORK SAUSAGE LINKS HASH BROWNS 100% ORANGE JUICE FRESH FRUIT	6 ½ DAY  NO LUNCH	7 BBQ RIB-B-QUE ON WG SUB ROLL VEGETARIAN BAKED BEANS TATER TOTS ASSORTED FRESH AND CHILLED FRUIT	8 "ULTRA-GRAIN" STUFFED CRUST CHEESE PIZZA SALAD WITH LITE DRESSING FRESH & CHILLED FRUIT SCHOOL BAKED COOKIE
STUDENTS CAN SUBSTITUTE: *DELUXE SALAD TO GO... *SANDWICH OF THE DAY... <u>AS A MAIN MEAL</u>	11 CHICKEN NUGGETS WITH DIPPING SAUCE SEASONED RICE CARROT STICKS AND RANCH ASSORTED FRUITS	12 GRILLED CHEESE TOMATO SOUP BABY CARROTS WITH RANCH GOLDFISH CRACKERS FRESH FRUIT WACKY CAKE (AUSTIN D'S MENU)	13 PASTA AND MEATSAUCE GARLIC BREAD SEASONED BROCCOLI FRESH AD CHILLED FRUIT	14 CHEESEBURGER ON WG BUN LETTUCE AND TOMATO TATER TOTS ASSORTED FRESH AND CHILLED FRUIT	15 "ULTRA-GRAIN" STUFFED CRUST CHEESE PIZZA SALAD WITH LITE DRESSING FRESH & CHILLED FRUIT SCHOOL BAKED COOKIE
STUDENTS CAN SUBSTITUTE: *WOW BUTTER AND FLUFF" OR YOGURT PACK <u>AS A MAIN MEAL!!</u>	18 MOZZARELLA STICKS WITH DIPPING SAUCE WG DINNER ROLL WHIPPED POTATOES FRESH & CHILLED FRUIT	19 TWIN TACOS LETTUCE, SALSA, CHEESE MEXICALI CORN APPLE CHURRO FRESH FRUITS	20 PASTA BAR CHOICE OF SAUCES GARLIC TOAST SEASONED CARROTS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	21 CORN DOG ON A STICK CHICKPEA SALAD TATER TOTS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT ICE CREAM SANDWICH	22 "ULTRA-GRAIN" STUFFED CRUST CHEESE PIZZA SALAD WITH LITE DRESSING FRESH & CHILLED FRUIT SCHOOL BAKED COOKIE
STUDENTS CAN SUBSTITUTE: GRILLED CHEESE OR YOGURT PACK <u>AS A MAIN MEAL!!</u>	25 POPCORN CHICKEN BOWL SEASONED CORN WG DINNER ROLL WHIPPED POTATOES FRESH & CHILLED FRUIT	26 BAGEL, EGG, AND CHEESE MINI HASH BROWNS TRIX YOGURT ORANGE SLICES FRESH AND CHILLED FRUIT	27 PASTA WITH MEATBALLS GARLIC BREAD SEASONED CARROTS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	28 GRILLED HOTDOG ON WG BUN VEGETARIAN BEANS L/F CAPE COD CHIPS FRESH & CHILLED FRUIT	29 "ULTRA-GRAIN" STUFFED CRUST CHEESE PIZZA SALAD WITH LITE DRESSING FRESH & CHILLED FRUIT SCHOOL BAKED COOKIE

**OUR MEALS INCLUDE 5 COMPONENTS: BREAD, MEAT OR MEAT ALTERNATIVE, FRUIT, VEGETABLE, AND MILK.**

**FEDERAL GUIDELINES REQUIRE THAT EACH CHILD TAKES A MINIMUM 3 OUT OF 5 SELECTIONS TO CONSTITUTE A MEAL.**

**8 OZ. MILK COMES WITH ALL MEALS!! INDIVIDUAL MILKS CAN BE PURCHASED FOR \$ .40 PER CARTON**

**STUDENTS CAN SUBSTITUTE: YOGURT PACK, GRILLED CHEESE SANDWICH, SANDWICH OF THE DAY OR DELUXE SALAD TO GO AS AN ALTERNATE MEAL.**

**PLEASE MAKE CHECKS PAYABLE TO "AGAWAM SCHOOL LUNCH DEPARTMENT"**

**BOUNCED CHECK FEES: THE TOWN OF AGAWAM WILL IMPOSE A \$ 25.00 FEE ON CHECKS RETURNED DUE TO INSUFFICIENT FUNDS**