



# JANUARY 2019

# Agawam Public Schools Senior High School Lunch Menu (9-12)

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

<p><b>LUNCH EXPRESS</b></p>  <p>\$2.50</p>	<p><b>Mon - 1/28</b> <b><u>BAKED MOZZARELLA STICKS</u></b> BAKED KRINKLE CUT FRIES SEASONED BROCCOLI ASSORTED FRESH AND CHILLED FRUIT</p>	<p><b>Tue - 1/29</b> <b><u>FRENCH TOAST STICKS</u></b> PORK SAUSAGE HASHBROWN ASSORTED FRESH AND CHILLED FRUIT</p>	<p><b>Wed - 1/30</b> <b><u>CHICKEN FILLET WRAP</u></b>  WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO &amp; CHEESE *SIDE OF PASTA SALAD FRESH &amp; CHILLED FRUIT</p>	<p><b>Thurs - 1/31</b> <b><u>FRESH ASSORTED CALZONES</u></b>  GARDEN SALAD W/LITE DRESSING FRESH &amp; CHILLED FRUIT</p>	<p><b>Fri - 2/1</b> <b><u>BACON CHEESEBURGER</u></b> SWEET POTATO FRIES VEGETARIAN BEANS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>
<p>INCLUSIVE WEEK! Specialty</p>  <p>\$2.50</p>	<p><b><u>GENERAL TSO CHICKEN</u></b> ASIAN RICE SEASONED BROCCOLI ASSORTED FRESH AND CHILLED FRUIT</p>	<p><b><u>GRILLED CHICKEN SANDWICH</u></b> LETTUCE, TOMATO, CHEESE SEASONED CARROTS TATER TOTS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>	<p><b><u>CHICKEN FILLET WRAP</u></b>  WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO &amp; CHEESE *SIDE OF PASTA SALAD FRESH &amp; CHILLED FRUIT</p>	<p><b><u>CHICKEN ALFREDO PASTA</u></b> GARLIC TOAST GREEN BEANS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>	<p><b><u>TURKEY WITH GRAVY</u></b> MASHED POTATOES SEASONED CORN DINNER ROLL ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>
<p>Pizza &amp; Salads</p>  <p>\$2.50</p>	<p><b><u>CHEESE PIZZA</u></b> <b>OR</b> <b><u>PEPPERONI</u></b> <b><u>PIZZA</u></b> GARDEN SALAD W/LITE DRESSING FRESH &amp; CHILLED FRUIT</p>	<p><b><u>FRENCH BREAD PIZZA</u></b> <b><u>CHEESE OR MEAT</u></b>  GARDEN SALAD W/LITE DRESSING FRESH &amp; CHILLED FRUIT</p>	<p><b><u>STUFFED CRUST PIZZA</u></b>  GARDEN SALAD W/LITE DRESSING FRESH &amp; CHILLED FRUIT</p>	<p><b><u>FRESH ASSORTED CALZONES</u></b>  GARDEN SALAD W/LITE DRESSING FRESH &amp; CHILLED FRUIT</p>	<p><b><u>CHEESE PIZZA</u></b> <b>OR</b> <b><u>ASSORTED PIZZA</u></b> GARDEN SALAD W/LITE DRESSING FRESH &amp; CHILLED FRUIT</p>
<p>Entrée Salads</p>  <p>\$2.50</p>	<p><b><u>CHICKEN</u></b> <b><u>CAESAR SALAD</u></b>  ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><b><u>BUFFALO POPCORN CHICKEN</u></b> <b><u>SALAD</u></b>  ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><b><u>LOW FAT COTTAGE CHEESE</u></b>  ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL</p>	<p><b><u>PASTA WITH MEATSAUCE</u></b> GARLIC TOAST SEASONED BROCCOLI ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT</p>	<p><b><u>ANNA'S SPECIALITY</u></b> <b><u>SALAD</u></b>  ON A BED OF GREENS... 4 VEGETABLE CHOICES TOPPING AVAILABLE DAILY WHOLE WHEAT DINNER ROLL</p>
<p>Deli &amp; Wraps</p>  <p>\$2.50</p>	<p><b><u>HAM AND CHEESE</u></b>  WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO &amp; CHEESE *SIDE OF PASTA SALAD FRESH &amp; CHILLED FRUIT</p>	<p><b><u>TURKEY AND CHEESE WRAP</u></b>  WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO &amp; CHEESE *SIDE OF PASTA SALAD FRESH &amp; CHILLED FRUIT</p>	<p><b><u>CHICKEN FILLET WRAP</u></b>  WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO &amp; CHEESE *SIDE OF PASTA SALAD FRESH &amp; CHILLED FRUIT</p>	<p><b><u>HAM AND CHEESE</u></b> <b>OR</b> <b><u>TURKEY WRAP</u></b>  WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO &amp; CHEESE *SIDE OF COLE SLAW FRESH &amp; CHILLED FRUIT</p>	<p><b><u>HAM AND CHEESE</u></b> <b>OR</b> <b><u>WRAP OF THE DAY</u></b>  W/ ASSORTED SAUCE * SERVED W/LETTUCE TOMATO &amp; CHEESE *SIDE VEG OF THE DAY FRESH &amp; 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**

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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 - 2/4</b> <u>MOZZARELLA STICKS</u> WITH DIPPING SAUCE SEASONED RICE SEASONED CORN ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT	<b>Tue - 2/5</b> <u>TEXAS TOAST GRILLED CHEESE</u> TOMATO SOUP L/F CAPE COD CHIPS CARROTS AND RANCH ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<b>Wed - 2/6</b> <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<b>Thurs - 2/7</b> <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<b>Fri - 2/8</b> <u>BACON CHEESEBURGER</u> LETTUCE AND TOMATO SEASONED FRIES PICKLE ASSORTED FRESH AND CHILLED FRUIT
<b>Specialty</b>  \$2.50	<u>SPICY CHICKEN PATTY</u> WG BUN SEASONED RICE SEASONED CORN ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>FRENCH TOAST STICKS</u> WITH SYRUP TURKEY SAUSAGE HASH BROWNS 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>CHICKEN PARM SANDWICH</u> MOZZARELLA CHEESE TATER TOTS GARLIC KNOT 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
<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 OR TURKEY WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF COLE SLAW FRESH & CHILLED FRUIT	<u>HAM AND CHEESE OR 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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<b>LUNCH EXPRESS</b>  \$2.50	<b>Mon - 2/11</b> <u>POPCORN CHICKEN</u> WITH DIPPING SAUCE WHIPPED POTATOES SEASONED CORN DINNER ROLL ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT	<b>Tue - 2/12</b> <u>GRILLED CHICKEN SANDWICH</u> LETTUCE AND TOMATO L/F CAPE COD CHIPS CARROTS AND RANCH ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<b>Wed - 2/13</b> <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<b>Thurs - 2/14</b> <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	<b>Fri - 2/15</b> <u>"BIG MAC" BURGER</u> LETTICE, PICKLE, AND TOMATO TATER TOTS LF BAKED LAYS ASSORTED FRESH AND CHILLED FRUIT
<b>Specialty</b>  \$2.50	<u>BBQ CHICKEN QUARTERS</u> CORN ON THE COB WHIPPED POTATOES CORN BREAD ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>TWIN TACOS</u> SEASONED RICE CHICKPEA SALAD CHURRO 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 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
<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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