





OCTOBER/NOVEMBER 2018

Agawam Public Schools

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

Senior High School Lunch Menu (9-12)

LUNCH EXPRESS  \$2.50	Mon - 10/29 <u>CHCKEN CHUNKS</u> WITH DIPPING SAUCE SEASONED CORN MASHED POTATOES BREAD STICK ASSORTED FRUIT	Tue - 10/30 <u>STEAK AND CHEESE PASTA</u> PENNE PASTA WITH MOZZ. AND SEASONED STEAK CHEESY BREAD STICK SEASONED BROCCOLI ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	Wed - 10/31 <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	Thurs - 11/1 <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING * WARM BREAD STICK FRESH & CHILLED FRUIT	Fri - 11/2 <u>BACON CHEESEBURGER</u> OVEN BAKED FRIES CHICKPEA SALAD ASSORTED WHOLE FRUIT ASSORTED FRESH FRUIT
Specialty  \$2.50	<u>MOZZARELLA STICKS</u> WITH DIPPING SAUCE MASHED POTATOES SEASONED CORN DINNER ROLL ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	<u>CHICKEN AND WAFFLES</u> WITH SYRUP HASH BROWNS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT STRAWBERRY CUP	<u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<u>PASTA AND MEATSAUCE</u> GARLIC BREAD STICK SEASONED CARROTS ASSORTED FRESH AND CHILLED FRUIT	<u>MEATBALL GRINDER</u> OVEN BAKED FRIES CHICKPEA SALAD 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	<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
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	<u>LOW FAT COTTAGE CHEESE</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	<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 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> OR <u>TURKEY WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & 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






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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LUNCH EXPRESS  \$2.50	Mon - 11/5 <u>CHICKEN NUGGETS</u> WITH DIPPING SAUCE SEASONED RICE DINNER ROLL CHICKPEA SALAD ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT	Tue - 11/6 NO SCHOOL ELECTION DAY	Wed - 11/7 <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	Thurs - 11/8 <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	Fri - 11/9 <u>CHEESEBURGER GRINDER</u> OVEN BAKED FRIES L/F POTATO CHIPS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT
Specialty  \$2.50	<u>SPICY CHICKEN SANDWICH</u> TATER TOTS CHICKPEA SALAD ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT	NO SCHOOL ELECTION DAY	<u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<u>PASTA AND MEATBALLS</u> GARLIC BREAD STICK SEASONED CARROTS ASSORTED FRESH AND CHILLED FRUIT	<u>TURKEY AND GRAVY</u> MASHED POTATOES GREEN BEANS DINNER ROLL ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT
Pizza & Salads  \$2.50	<u>CHEESE PIZZA</u> OR <u>PEPPERONI PIZZA</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	NO SCHOOL ELECTION DAY	<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
Entrée Salads  \$2.50	<u>CHICKEN CAESAR SALAD</u> ON A BED OF GREENS... 4 VEGETABLE CHOICES ADDITIONAL TOPPING WHOLE WHEAT DINNER ROLL	NO SCHOOL ELECTION DAY	<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
Deli & Wraps  \$2.50	<u>HAM AND CHEESE</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	NO SCHOOL ELECTION DAY	<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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LUNCH EXPRESS  \$2.50	Mon - 11/12 NO SCHOOL VETERAN'S DAY	Tue - 11/13 <u>FRENCH TOAST STICKS</u> WITH SYRUP PORK SAUSAGE LINKS HASHBROWNS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	Wed - 11/14 <u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	Thurs - 11/15 <u>FRESH ASSORTED CALZONES</u> GARDEN SALAD W/LITE DRESSING FRESH & CHILLED FRUIT	Fri - 11/16 <u>SPICY CHICKEN PATTY</u> OVEN BAKED FRIES L/F POTATO CHIPS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT
Specialty  \$2.50	NO SCHOOL VETERAN'S DAY	<u>TEXAS TOAST GRILLED CHEESE</u> TOMATO SOUP CUCUMBER SALAD GOLD FISH CRACKERS ASSORTED FRESH FRUIT FRESH & CHILLED FRUIT	<u>CHICKEN FILLET WRAP</u> WITH ASSORTED SAUCE * SERVED W/LETTUCE TOMATO & CHEESE *SIDE OF PASTA SALAD FRESH & CHILLED FRUIT	<u>PASTA AND MEATSAUCE</u> GARLIC BREAD STICK SEASONED CARROTS ASSORTED FRESH AND CHILLED FRUIT	<u>TURKEY AND GRAVY</u> MASHED POTATOES GREEN BEANS DINNER ROLL ASSORTED FRESH FRUIT ASSORTED PIES
Pizza & Salads  \$2.50	NO SCHOOL VETERAN'S DAY	<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
Entrée Salads  \$2.50	NO SCHOOL VETERAN'S DAY	<u>BUFFALO POPCORN CHICKEN</u> <u>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</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	NO SCHOOL VETERAN'S DAY	<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

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