

JANUARY 2019

Agawam Public Schools

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

JR. HIGH SCHOOL (7&8)

	MONDAY 31 HAPPY NEW YEAR!!!	TUESDAY 1 HAPPY NEW YEAR!!!	WEDNESDAY 2 CHICKEN NUGGETS WITH DIPPING SAUCE WG DINNER ROLL WHIPPED POTATOES FRESH & CHILLED FRUIT	THURSDAY 3 PASTA WITH MEATBALLS GARLIC KNOT SEASONED BROCCOLI ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	FRIDAY 4 "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>	7 MOZZARELLA STICKS WITH DIPPING SAUCE WG DINNER ROLL WHIPPED POTATOES FRESH & CHILLED FRUIT	8 FRENCH TOAST STICKS WITH SYRUP HASHBROWNS PORK SAUSAGE ASSORTED FRESH FRUIT 100% ORANGE JUICE	9 PASTA WITH MEATSAUCE GARLIC KNOT SEASONED BROCCOLI ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	10 SPICY CHICKEN PATTY ON WG BUN VEGETARIAN BEANS L/F CAPE COD CHIPS FRESH & CHILLED FRUIT	11 "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>	14 TEXAS TOAST GRILLED CHEESE TOMATO SOUP GOLDFISH CRACKERS ASSORTED FRUIT CARROT STICKS	15 CHICKEN PATTY ON A BUN LETTUCE AND TOMATO OVEN BAKED FRIES CELERY STICKS AND RANCH FRESH FRUIT	16 BACON CHEESEBURGER ON WG BUN LETTUCE AND TOMATO OVEN BAKED FRIES ASSORTED FRESH AND CHILLED FRUIT	17 "ULTRA-GRAIN" STUFFED CRUST CHEESE PIZZA SALAD WITH LITE DRESSING FRESH & CHILLED FRUIT SCHOOL BAKED COOKIE	18 ½ DAY NO LUNCH
STUDENTS CAN SUBSTITUTE: "WOW BUTTER AND FLUFF" OR YOGURT PACK <u>AS A MAIN MEAL!!</u>	21 NO SCHOOL DR. MARTIN LUTHER KING DAY	22 TWIN TACOS LETTUCE, SALSA, CHEESE MEXICALI CORN APPLE CHURRO FRESH FRUITS	23 PASTA BAR CHOICE OF SAUCES GARLIC TOAST SEASONED CARROTS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	24 CORN DOG ON A STICK CHICKPEA SALAD TATER TOTS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT ICE CREAM SANDWICH	25 "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>	28 POPCORN CHICKEN WITH DIPPING SAUCE WG DINNER ROLL WHIPPED POTATOES FRESH & CHILLED FRUIT	29 MINI PANCAKES SAUSAGE LINKS HASHBROWNS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	30 LOADED NACHIOS GROUND BEEF LETTUCE, TOMATO, SALSA, CHEESE BAKED BEANS ASSORTED FRESH FRUIT ASSORTED CHILLED FRUIT	31 CHEESEBURGER ON WG BUN LETTUCE AND TOMATO OVEN BAKED FRIES ASSORTED FRESH AND CHILLED FRUIT	If you have any questions please call the Food Service Department (821-0559)

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