

Have you checked your lunch balance? We allow 2 IOUs! Pay online at [myschoolbucks.com](http://myschoolbucks.com) or at the register.

All IOUs must be paid in full !

# Wachusett Regional High School

## Lunch Menu

### January 2020

**NEW Lunch Prices!**  
 Elementary & Middle - \$3.25  
 High School - \$3.50  
 Reduced Price -.40  
 Milk (without a meal) - .60

All meals include choice of sides (vegetable, fruit/juice, milk)  
 Students **MUST** take at least one fruit



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Free &amp; Reduce Priced Meals</b>            2019-2020 forms are online!            Apply online at <a href="http://wrsd.net/foodserves">wrsd.net/foodserves</a></p>		<p><b>Happy New Year!!</b></p>	<p>2            Hot Dog on Roll            Baked Beans            Oven Baked Fries            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>3            Sal's Cheese Pizza            Caesar Salad            Chilled or Fresh Fruit            Milk-Chocolate/White</p>
<p>6            Popcorn Chicken            Garlic Mashed Potatoes with Gravy            Green Peas            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>7            BBQ Riblet on Roll            Cole Slaw            Hummus w/ vegetables            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>8            Pasta w/ meatsauce            Dinner Roll            Fresh Garden Salad            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>9            Chicken Parmesan on roll            Pasta Salad            Carrot Sticks            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>10            Sal's Cheese Pizza            Caesar Salad            Chilled or Fresh Fruit            Milk-Chocolate/White</p>
<p>13            BBQ Chicken on Ciabatta            Oven Baked Fries            Hummus &amp; Veggies            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>14            Chicken Fajita            Black Beans and Rice            Corn            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>15            Pasta w/Marinara Sauce            Cheese Breadstick            Fresh Garden Salad            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>16            Meatball Sub            Spinach &amp; Cranberry Salad            Goldfish Crackers            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>17            Sal's Cheese Pizza            Caesar Salad            Chilled or Fresh Fruit            Milk-Chocolate/White</p>
<p><b>HOLIDAY</b></p> <p>Menu is subject to change. Please let us know if you have any allergies to food.</p>	<p>21            Buffalo Chicken Sub            Cucumber-Apple Salad            Cheez It-WG            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p><b>EARLY RELEASE DAY</b></p> <p>Turkey &amp; Bacon Sub            Buffalo Chicken Sub            or            Tuna Salad Roll            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p><b>EARLY RELEASE DAY</b></p> <p>Turkey &amp; Bacon Sub            Buffalo Chicken Sub            or            Tuna Salad Roll            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p><b>EARLY RELEASE DAY</b></p> <p>Turkey &amp; Bacon Sub            Buffalo Chicken Sub            or            Tuna Salad Roll            Chilled or Fresh Fruit            Milk-Chocolate/White</p>
<p>27            Asian Chicken            Steamed Broccoli            Seasoned Rice            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>28            Bacon Burger Sandwich            Baked Beans            Oven Baked Fries            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>29            Pasta w/Marinara Sauce            Cheese Breadstick            Fresh Garden Salad            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p><b>EARLY RELEASE DAY</b></p> <p>Turkey &amp; Bacon Sub            Buffalo Chicken Sub            or            Tuna Salad Roll            Chilled or Fresh Fruit            Milk-Chocolate/White</p>	<p>31            Sal's Cheese Pizza            Caesar Salad            Chilled or Fresh Fruit            Milk-Chocolate/White</p>