

Wachusett Regional High School Lunch Menu

Free & Reduced Lunch
Apply online at
www.wrsd.net/foodservices
Applications may be submitted
at any time during the year.

May 2019

Lunch Prices
Elementary & Middle - \$3.00
High School - \$3.25
Reduced price - \$.40
Milk - \$.60
All meals include choice of sides
(vegetable, fruit/juice, milk)
Students **MUST** take at least one fruit or
vegetable with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Have you checked your lunch balance? <u>We allow TWO IOUs.</u> Pay online at www.myschoolbucks.com or</p>		<p>1 Rotini & Meatballs Dinner Roll Fresh Garden Salad Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>2 SUPER NACHOS Black Bean Salsa Corn 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 Butternut Squash Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>7 BBQ Chicken on Roll Rst Butternut Squash Green Peas Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>8 Ravioli w/Marinara Cheese Breadstick Fresh Garden Salad Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>9 Chicken Fajita Black Beans & Rice Corn 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 NO SCHOOL</p> <p>Menu is subject to change. Please let us know if you have any allergies to food.</p>	<p>14 Bacon Burger Sandwich Baked Beans Oven Baked Fries Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>15 Rotini w/Marinara Sauce Dinner Roll Fresh Garden Salad Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>16 Pulled Pork on Roll Rst Butternut Squash Cole Slaw 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>20 Buffalo Chicken Sub Cucumber Spears Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>21 BBQ Riblet on Roll Cole Slaw Hummus w/vegetables Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>22 Chicken & Broccoli Alfredo Fresh Garden Salad Dinner Roll Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>23 Meatball Sub Oven Baked Fries Spinach/Cranberry Salad Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>24 <u>EARLY RELEASE DAY</u> Turkey & Bacon Sub Buffalo Chicken Sub or Tuna Salad Roll Chilled or Fresh Fruit Milk-Chocolate/White</p>
<p>27 HOLIDAY</p> 	<p>28 Chicken Parmesan on roll Pasta Salad Carrot Sticks Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>29 Rotini & Meatballs Cheese Breadstick Fresh Garden Salad Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>30 SUPER NACHOS Black Bean Salsa Corn Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>31 Sal's Cheese Pizza Caesar Salad Chilled or Fresh Fruit Milk-Chocolate/White</p>

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Wachusett Regional High School Breakfast Menu

Lunch Prices

Elementary & Middle - \$3.00
 High School - \$3.25
 Reduced price - \$.40
 Milk - \$.60

All meals include choice of sides
 (vegetable, fruit/juice, milk)



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Sausage, Egg & Cheese Burrito Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White	Bacon, Egg & Cheese English Muffin Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White	Sausage, Egg & Cheese on Biscuit Juice Cup Chilled or Fresh Fruit Milk-Chocolate/White	Cinnamon French Toast Juice Cup Chilled or Fresh Fruit Milk-Chocolate/White	Hard Boiled Egg, Toast, Assorted Muffins, Yogurt Parfait Meal or Bagel w/ Cream Cheese Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White
8	9	10	11	12
Sausage, Egg & Cheese Burrito Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White	Bacon, Egg & Cheese English Muffin Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White	Sausage, Egg & Cheese on Biscuit Juice Cup Chilled or Fresh Fruit Milk-Chocolate/White	Cinnamon French Toast Juice Cup Chilled or Fresh Fruit Milk-Chocolate/White	Hard Boiled Egg, Toast, Assorted Muffins, Yogurt Parfait Meal or Bagel w/ Cream Cheese Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White
15	16	17	18	19
Sausage, Egg & Cheese Burrito Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White	Bacon, Egg & Cheese English Muffin Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White	Sausage, Egg & Cheese on Biscuit Juice Cup Chilled or Fresh Fruit Milk-Chocolate/White	Cinnamon French Toast Juice Cup Chilled or Fresh Fruit Milk-Chocolate/White	Hard Boiled Egg, Toast, Assorted Muffins, Yogurt Parfait Meal or Bagel w/ Cream Cheese Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White
22	23	24	25	26
Sausage, Egg & Cheese Burrito Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White	Bacon, Egg & Cheese English Muffin Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White	Sausage, Egg & Cheese on Biscuit Juice Cup Chilled or Fresh Fruit Milk-Chocolate/White	Cinnamon French Toast Juice Cup Chilled or Fresh Fruit Milk-Chocolate/White	Hard Boiled Egg, Toast, Assorted Muffins, Yogurt Parfait Meal or Bagel w/ Cream Cheese Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White
29	30	31	1	2
Sausage, Egg & Cheese Burrito Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White	Bacon, Egg & Cheese English Muffin Chilled or Fresh Fruit Juice Cup Milk-Chocolate/White	Sausage, Egg & Cheese on Biscuit Juice Cup Chilled or Fresh Fruit Milk-Chocolate/White	Daily Choices: PBJ Bagel Muffin Breakfast Bar Cereal & Toast all served with choice of fruit & milk	