
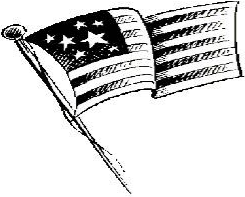



**Free & Reduce Priced Meals**  
 2019-2020 forms are online!  
 Apply online at  
[www.wrsd.net/foodservices](http://www.wrsd.net/foodservices)  
 New forms must be  
 completed every year.

**Wachusett Regional  
 School District  
 November 2019  
 Central Tree & MtView**

**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  
 or vegetable with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change. Please let us know if you have any allergies to food.		Have you checked your lunch balance? We allow 2 IOUs! Pay online at <a href="http://myschoolbucks.com">myschoolbucks.com</a> or at the register. <u>All IOUs must be paid in full!</u>		<b>Sal's Cheese Pizza</b> <b>Garden Salad</b> Chilled or Fresh Fruit Milk-Chocolate/White Chicken Caesar Salad Shaker Bagel-Yogurt Meal
<b>Chicken Nuggets</b> <b>Seasoned Rice</b> <b>Corn</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza	<b>Cinnamon French Toast</b> <b>Breakfast Sausage</b> <b>Potato Puffs</b> Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Chicken Patty on Roll	<b>Pasta w/Marinara Sauce</b> <b>Steamed Broccoli</b> <b>Cheese Breadstick</b> Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza	<b>BBQ Riblet on Roll</b> <b>Oven Baked Fries</b> <b>Cole Slaw</b> <b>Baked Beans</b> Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel Yogurt Meal	<b>NO SCHOOL</b>
<b>VETERANS' DAY</b> 	<b>Egg, Ham &amp; Cheese Croissant</b> <b>Smile Fries</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Chicken Patty on Roll	<b>Macaroni &amp; Cheese</b> <b>Green Beans</b> <b>Dinner Roll</b> Chilled or Fresh Fruit Milk-Chocolate/White Grilled Ham & Cheese Pizza	<b>SUPER NACHOS</b> <b>Black Bean Salad</b> <b>Corn</b> Chilled or Fresh Fruit Milk-Chocolate/White BBQ Riblet on Roll Buffalo Chicken Sub	<b>Stuffed Crust Pizza</b> <b>Garden Salad</b> Chilled or Fresh Fruit Milk-Chocolate/White Chicken Caesar Salad Shaker Bagel-Yogurt Meal
<b>Chicken Tenders</b> <b>Swt Potato Crinkle Fries</b> <b>Steamed Broccoli</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Pizza	<b>Pancakes</b> <b>Breakfast Sausage</b> <b>Hash Brown Potato</b> Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Chicken Patty on Roll	<b>Chicken Parmesan &amp; Pasta w/ Marinara</b> <b>Fresh Garden Salad</b> Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger Pizza	<b>Roast Turkey w/Gravy</b> <b>Mashed Potatoes</b> <b>Peas &amp; Carrots</b> <b>Dinner Roll</b> <b>Apple Crisp</b> Chilled or Fresh Fruit Milk-Chocolate/White Hot Dog on Roll	<b>Big Daddy Cheese Pizza</b> <b>Caesar Salad</b> Chilled or Fresh Fruit Milk-Chocolate/White Chicken Caesar Salad Shaker Bagel-Yogurt Meal
<b>Grilled Cheese Sandwich</b> <b>Oven Baked Fries</b> <b>Tomato Soup</b> <b>Goldfish Crackers</b> Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Pizza	<b>Sal's Cheese Pizza</b> <b>Fresh Garden Salad</b> Chilled or Fresh Fruit Milk-Chocolate/White Grilled Chicken on Roll Cereal & yogurt lunch	<b>HOLIDAY</b>	<b>Happy Thanksgiving!</b> 	<b>HOLIDAY</b>