

Free & Reduce Priced Meals

2019-2020 forms are online!

Apply online at

www.wrsd.net/foodservices

New forms must be completed every year prior to Oct. 1st to confirm eligibility. If you have not filled out a new form, your child will pay full price for meals.

**Nachuset Regional School District
Central Tree & MtView**

Aug/Sept 2019

NEW Lunch Prices !!
Elementary & Middle - \$3.25
High School - \$3.50
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>26</p> 	<p>27</p> <p>Pancakes Breakfast Sausage Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White Chicken Patty on roll Bagel Yogurt Meal</p>	<p>28</p> <p>Macaroni & Cheese w/ Buffalo Chicken Mixed Vegetables Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza</p>	<p>29</p> <p>Hot Dog on Roll Baked Beans Smile Fries Chilled or Fresh Fruit Milk-Chocolate/White Grilled Ham & Cheese Cheese or hamburger on roll</p>	<p>30</p> <p>Sal's Cheese Pizza Caesar Salad Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel-Yogurt Meal</p>
<p>2</p> <p>LABOR DAY</p>	<p>3</p> <p>Cinnamon French Toast Breakfast Sausage Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White Chicken Patty on Roll Bagel Yogurt Meal</p>	<p>4</p> <p>Pasta w/Marinara Sauce Steamed Broccoli Cheese Breadstick Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza</p>	<p>5</p> <p>Cheese or hamburger on roll Oven Baked Fries Hummus w/ veggies Chilled or Fresh Fruit Milk-Chocolate/White Grilled Ham & Cheese Hot Dog on Roll</p>	<p>6</p> <p>Stuffed Crust Pizza Garden Salad Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel-Yogurt Meal</p>
<p>9</p> <p>Chicken Nuggets Seasoned Rice Corn Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza</p>	<p>10</p> <p>Egg, Ham & Cheese Croissant Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White BBQ Riblet on Roll Chicken Patty on Roll</p>	<p>11</p> <p>Spaghetti & Meatballs Cheese Breadstick Mixed Vegetables Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza</p>	<p>12</p> <p>SUPER NACHOS Black Bean Salad Corn Chilled or Fresh Fruit Milk-Chocolate/White Grilled Ham & Cheese Cheese or hamburger on roll</p>	<p>13</p> <p>Big Daddy Cheese Pizza Spinach & Cranberry Salad Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel-Yogurt Meal</p>
<p>16</p> <p>Mini Maple Waffles Chicken Tenders Sweet Potato Fries Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza</p>	<p>17</p> <p>Pancakes Breakfast Sausage Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White BBQ Riblet on Roll Chicken Patty on Roll</p>	<p>18</p> <p>Macaroni & Cheese Green Beans Dinner Roll Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza</p>	<p>19</p> <p>Grilled Cheese Emoji Fries Hummus w/ vegetables Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger on roll Hot Dog on Roll</p>	<p>20</p> <p>Sal's Cheese Pizza Caesar Salad Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel-Yogurt Meal</p>
<p>23</p> <p>Chicken & Bacon Sub Oven Baked Fries Cucumber Spears Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Pizza</p>	<p>24</p> <p>Cinnamon French Toast Breakfast Sausage Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White BBQ Riblet on Roll Chicken Patty on Roll</p>	<p>25</p> <p>Pasta w/Marinara Sauce Steamed Broccoli Cheese Breadstick Chilled or Fresh Fruit Milk-Chocolate/White Cereal & yogurt lunch Pizza</p>	<p>26</p> <p>EARLY RELEASE DAY Chicken Patty on Roll Hot Dog on Roll Oven Baked Fries Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>27</p> <p>Stuffed Crust Pizza Garden Salad Ranched Up Hummus w/ Veggies Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Bagel-Yogurt Meal</p>
<p>30</p> <p>Chicken Nuggets Vegetable Rice Pilaf Steamed Carrots Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza</p>	<p>Have you checked your lunch balance? Pay online at www.myschoolbucks.com or at the register. <u>All IOUs must be paid in full !</u></p>			<p>Menu is subject to change. Please let us know if you have any allergies to food.</p>