

DECEMBER 2017

Winnacunnet High School

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Monday

Tuesday

Wednesday

Thursday

Friday



Check out the new Buffalo chicken breast

4
Chicken patty
Whole wheat roll
French fries
Veggie burger
Salad of the week, Low Mein
With sweet chili chicken

5
Shepherd's Pie
Side salad
Vegetarian Shepherd's Pie
Sandwich of the week,
Ham salad on Croissant

6
Chicken Nuggets
Buttered Pasta
Steamed carrots
Stuffed Zucchini

7
Pulled pork sandwich
Potato salad
Garbanzo bean burger

1
Assorted
Whole grain Pizza
Chef choice
Salad

8
Whole Grain White Pizza
(Garlic & cheese)
Chef choice
Salad

11
Grilled chicken sandwich
Whole wheat
Chips
Grilled tomato & cheese
Salad of the week, Fresh fruit
Salad with Cottage cheese

12
Turkey Chili
Brown rice
Vegetarian Burrito
Sandwich of the week, Turkey salad
On Whole Grain Bagel

13
Baked Ziti
Garlic bread
Steamed Broccoli

14
Hot ham & cheese
On a Jalapeno
Bagel
3 bean salad
Black bean burger

15
Assorted
Whole Grain
Pizza
Chef choice
Salad

18
Chicken Pot Pie
Biscuit
Cranberry sauce
Vegetarian Pot Pie
Salad of the week, Black bean and
corn salad with grilled chicken.

19
Enchilada Pie
Side salad
Sandwich of the week,
Cuban, (Ham, roast pork)

20
General Tso's
Chicken
Steamed broccoli
Brown Rice
Tofu stir fry

21
Italian sausage,
Pepper & onion sub
Side salad
Eggplant Parmesan sub

22
Assorted
French bread
Pizza
Chef choice
Salad

25
**Christmas
Break**

26
No school

27
No School

28
No School

29
No School

This institution is an equal opportunity employer.
1% milk, fat free flavored milk and water served daily.
Fresh fruit, veggie sticks & side salads served daily.

Salad bar and Deli bar served daily.
Menus are available to everyone every day.
Hot soup served daily.