LUNCH

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Winnacunnet High School

Prices
Student lunch 3.10
Student breakfast 1.90
Adult lunch 3.65
Still the best deal in town!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Teriyaki Dippers Brown rice, steamed veggies Or Stir fry Tofu & veggies Over brown rice Milk, fruit	**2** Whole grain Pizza Chef's choice Salad Milk fresh fruit
5 Korean BBQ Turkey Burger Whole wheat roll, fries Or Open face veggie melt Side salad Milk, fruit Salad of the week, Garden salad w/ chicken tender	**6** Turkey chili Over brown rice, Or Fish Taco's Milk, fruit Sandwich of the week, Rueben	**7** Penne marinara W/ meatballs, green beans Or Penne w/ Marinara Vegetarian meatballs, green beans Bread stick Milk, fruit Gluten free pasta available!	**8** Fish & Chips Cole slaw, baked beans Fries Baked pasta, marinara, cheese Milk, fruit	**9** Whole grain Pizza Chef's choice Salad Milk, fresh fruit Fish sandwich
12 BBQ Pulled Pork Sandwich Whole wheat roll, Spinach salad Or Black bean burger, whole wheat roll Milk, fruit Salad of the week, Cobb salad	**13** Chicken Fajita, soft tortilla Black bean & Corn salad Or Veggie Tostada Milk, fruit Sandwich of the week, Hot ham & cheese	**14** Penne w/ lemon & garlic sauce Steamed broccoli, Grilled chicken Or Falafel on Milk, fruit Gluten free pasta available!	**15** Roast Pork w/ gravy Baked potato, steamed vegetable Or Veggie Strata (Quiche with no crust) Milk, fruit	**16** Whole grain Pizza Chef's choice Salad Milk, fresh fruit Fish sandwich
19 Spicy Chicken Patty Whole wheat roll, fries Or Veggie Burrito Milk, fruit Salad of the week, Garden salad w/ cheese Tortellini	**20** Pulled pork Taco Black bean corn salad Or Black bean burger Milk, fruit Sandwich of the week, Turkey BLT	**21** Bosco stick Pasta w/ Marinara Crisp garden salad Milk, fruit Gluten free pasta available!	**22** Chicken Tenders French fries, spinach salad Or Tomato, Feta, chick peas On grilled flat bread Milk, fruit	**23** Whole grain Pizza Chef's choice Salad Milk, fresh fruit Fish sandwich
26 Winter Break	**27** Winter Break	**28** Winter Break		

This institution is an equal opportunity employer.
1 % fat free milk, fat free flavored milk and water served every day.
Fresh fruit, veggie sticks and side salads served every day.
Salad bar and Deli bar available every day.

School breakfast and lunch menus are available to everyone every day.
Hot soup served daily.
Vegetarian options served every day.
*Gluten free pasta and bread available!

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com