



Winnacunnet High School

January 2019

Meal prices
 Student breakfast \$2.00
 Student lunch \$3.26
 Adult lunch \$3.50

Monday

Tuesday

Wednesday

Thursday

Friday

2019

1
 Happy
 New Year!

2
 KFC chicken bowl
 Corn, mashed potato, gravy
 Or
 Vegetarian broccoli bowl
 Milk, fresh fruit, veggie dippers

3
 Beef chili
 Or Vegetarian chili
 Corn bread
 Buttered corn
 Milk, fresh fruit, veggie dippers

4
 Whole grain White pizza
 Chef's choice salad
 Milk, fresh fruit, veggie dippers

7
 Stuffed shells
 Steamed vegetable
 Whole wheat roll
 Milk, fresh fruit, veggie dippers
 Sandwich of the week,
 Turkey BLT

8
 Soft Fish Taco
 Red beans & rice
 Or Mexican vegetarian Casserole
 Milk, fresh fruit, veggie dippers
 Salad of the week,
 Chef salad

9
 Buffalo chicken sandwich
 Or
 Black bean burger
 Oven fries
 Milk, fresh fruit, veggie dippers

10
 Shepard's Pie
 Or
 Vegetarian Shepard's pie
 Steamed carrots
 Milk, fresh fruit, veggie dippers

11
 Whole grain pizza
 Chef's choice salad
 Milk, fresh fruit, veggie dippers

14
 Macaroni & cheese
 Steamed vegetable
 Wheat roll
 Milk, fresh fruit, veggie dippers
 Sandwich of the week,
 Chicken, bacon, Pepper jack

15
 Cheese steak sub
 Or
 Eggplant parmesan sandwich
 Chips
 Milk, fresh fruit, veggie dippers
 Salad of the week,
 Taco salad w/ chicken

16
 Chicken stir fry
 Or
 Tofu stir fry
 Brown rice
 Milk, fresh fruit, veggie dippers

17
 American Chop Suey
 Or
 Vegetarian Chop Suey
 Steamed vegetable
 Milk, fresh fruit, veggie dippers

18
 French bread pizza
 Chef's choice salad
 Milk, fresh fruit, veggie dippers

21
 Civil Rights Day

22
 Cheese burger
 Or Veggie burger
 Oven fries
 Milk, fresh fruit, veggie dippers
 Sandwich of the week,
 Fish sandwich w/ cheese

23
 Pasta Marinara
 Meatballs
 Or Vegetarian Lasagna
 Steamed vegetable, bread stick
 Milk, fresh fruit, veggie dippers
 Salad of the week,
 Greek salad

24
 BBQ pork sandwich
 Or refried bean & cheese Burrito
 Cold slaw, corn chips
 Milk, fresh fruit, veggie dippers

25
 Whole grain pizza
 Chef's choice salad
 Milk, fresh fruit, veggie dippers

28
 Baked Ziti
 Garden salad
 Bread stick
 Milk, fresh fruit, veggie dippers
 Sandwich of the week,
 Roasted Rueben

29
 Chicken pot pie
 Or vegetarian pot pie
 Mash potatoes
 Milk, fresh fruit, veggie dippers
 Salad of the week,
 Garden salad w/ chicken fingers

30
 Sausage, pepper, onion sub
 Or Corn, Black bean Quesadilla
 Onion rings
 Milk, fresh fruit, veggie dippers

31
 Sloppy Joes
 Or Vegetarian Sloppy Joe
 Wheat roll, corn chips
 Milk, fresh fruit, veggie dippers

This institution is an equal opportunity employer.
 1 % fat free milk, fat free flavored milk, 100% fruit juice served daily.
 Fresh fruit, veggie dippers and side salads served daily.
 Salad bar & Deli bar served daily.

School lunch menus are available to everyone every day, also view our menu on the WHS school website.
 Hot soup served daily.
 Vegetarian options are available daily.
 Gluten free pasta available on Monday's as well as pizza on Friday

