FEBRUARY 2022
Winnacunnet High School

Monday
BBQ chicken sandwich
Eggplant Parm sandwich
Pasta salad
Milk, fruit, juice, veggie dippers

Cheese Ravioli
Marinara, bread stick
Chef's choice vegetable
Milk, fruit, juice, veggie dippers

Tuesday
1
Chicken Fajita or
Black bean & fire roasted veggie Fajita
Black bean salad
Milk, fruit, juice, veggie dippers

Wednesday
2
Cheeseburger, chips
Cauliflower & red pepper curry,
Brown rice
Milk, fruit, juice, veggie dippers

Thursday
3
Turkey pot pie or
Vegetarian pot pie
Mashed potato, biscuit
Milk, fruit, juice, veggie dippers

Friday
4
Pizza
(Gluten free pizza)
Chef's choice salad
Milk, fruit, juice, veggie dippers

5
Cheese Tortellini w/Marinara
Bread stick, steamed green beans
Milk, fruit, juice, veggie dippers

Saturday
6
Hot dogs
Baked beans, coleslaw
Vegetable Lasagna
Milk, fruit, juice, veggie dippers

Sunday
7
Spicy chicken sandwich
Falafel w/yogurt dipping sauce
Cucumber salad
Milk, fruit, juice, veggie dippers

Monday
8
Fish & chips
Coleslaw
Mushroom Ragu over Orzo
Milk, fruit, juice, veggie dippers

Tuesday
9
Chicken Fried rice
Tofu fried rice
Asian coleslaw
Milk, fruit, juice, veggie dippers

Wednesday
10
Cheese Ravioli
Marinara, bread stick
Chef's choice vegetable
Milk, fruit, juice, veggie dippers

Thursday
11
Soft Beef Taco
Refried bean Quesadilla
Corn chips
Milk, fruit, juice, veggie dippers

Friday
12
Spicy chicken sandwich
Falafel w/yogurt dipping sauce
Cucumber salad
Milk, fruit, juice, veggie dippers

Saturday
13
Fish & chips
Coleslaw
Mushroom Ragu over Orzo
Milk, fruit, juice, veggie dippers

Sunday
14
Cheese Ravioli
Marinara, bread stick
Chef's choice vegetable
Milk, fruit, juice, veggie dippers

Monday
15
Spicy chicken sandwich
Falafel w/yogurt dipping sauce
Cucumber salad
Milk, fruit, juice, veggie dippers

Tuesday
16
Cheese Ravioli
Marinara, bread stick
Chef's choice vegetable
Milk, fruit, juice, veggie dippers

Wednesday
17
Spicy chicken sandwich
Falafel w/yogurt dipping sauce
Cucumber salad
Milk, fruit, juice, veggie dippers

Thursday
18
Pizza
(Gluten free pizza)
Chef's choice salad
Milk, fruit, juice, veggie dippers

Friday
19
Cheese Ravioli
Marinara, bread stick
Chef's choice vegetable
Milk, fruit, juice, veggie dippers

Saturday
20
Spicy chicken sandwich
Falafel w/yogurt dipping sauce
Cucumber salad
Milk, fruit, juice, veggie dippers

Sunday
21
Pizza
(20220221)
Chef's choice salad
Milk, fruit, juice, veggie dippers

Monday
22
Spicy chicken sandwich
Falafel w/yogurt dipping sauce
Cucumber salad
Milk, fruit, juice, veggie dippers

Tuesday
23
BBQ pulled pork bowl
Ratatouille
Garlic noodles
Milk, fruit, juice, veggie dippers

Wednesday
24
Garlic chicken & broccoli
Over rice
Quinoa stuffed pepper
Milk, fruit, juice, veggie dippers

Thursday
25
Pizza
(20220221)
Chef's choice salad
Milk, fruit, juice, veggie dippers

Friday
26
Cheese Ravioli
Marinara, bread stick
Chef's choice vegetable
Milk, fruit, juice, veggie dippers

Saturday
27
Spicy chicken sandwich
Falafel w/yogurt dipping sauce
Cucumber salad
Milk, fruit, juice, veggie dippers

Sunday
28
Pizza
(20220221)
Chef's choice salad
Milk, fruit, juice, veggie dippers

Winter break begins

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.
Soup served daily.