



Ed Comeau FSD, 1-603-758-926

OCTOBER 2022

Winnacunnet High School

Meal prices

Student breakfast, \$2.50
Student lunch, \$3.75
Student reduced breakfast, free
Adult lunch, \$4.15

SOUP STARTS October 1st, memorize your student I, D, please discard your trash when done eating,

Monday

Cheese ravioli
Garlic bread
Chef's choice veggie
Milk, fruit, juice, veggie dippers

Tuesday

Sloppy Joes
BBQ chickpea Quesadilla
Coleslaw
Milk, fruit, juice, veggie dippers

Wednesday

Chicken finger sub
Avocado toast
Tomato, cucumber salad
Milk, fruit, juice, veggie dippers

Thursday

Beef chili, Vegetarian chili
Corn chips
Black bean corn salad
Milk, fruit, juice, veggie dippers

Friday

Pizza
GF, dairy free pizza
Chef's choice salad
Milk, fruit, juice, veggie dippers

Columbus Day
No school

Baked Ziti with sausage
Baked Tortellini w/ roasted veggies
Garden salad
Milk, fruit, juice, veggie dippers

Cheeseburger
Veggie burger
Oven fries
Milk, fruit, juice, veggie dippers

KFC bowl
GF veggie nugget bowl
Macaroni salad
Milk, fruit, juice, veggie dippers

Pizza
GF, dairy free pizza
Chef's choice salad
Milk, fruit, juice, veggie dippers

Cheese stuffed shells
Garlic bread
Chef's choice veggie
Milk, fruit, juice, veggie dippers

Baked potato bar
With all the fixings
Garden salad
Milk, fruit, juice, veggie dippers

Early release
10:50 first lunch
Chicken patty sandwich
Black bean, rice Burrito
Street corn salad
Milk, fruit, juice, veggie dippers

BBQ beef sandwich
Cheese & tomato Toasty
Potato salad
Milk, fruit, juice, veggie dippers

Pizza
GF, dairy free pizza
Chef's choice salad
Milk, fruit, juice, veggie dippers

Mac & cheese
Steamed broccoli
Milk, fruit, juice, veggie dippers

Soft beef taco bar
With all the fixings
Street corn salad
Milk, fruit, juice, veggie dippers

Chicken & waffles
Vegetarian chicken & waffles
Garden salad
Milk, fruit, juice, veggie dippers

Sweet Thai chili
Pulled pork sandwich
Asparagus, cheddar Quiche
Broccoli slaw
Milk, fruit, juice, veggie dippers

Pizza
GF, dairy free pizza
Chef's choice salad
Milk, fruit, juice, veggie dippers

American chop suey
Vegetarian Lasagna
Garden salad
Milk, fruit, juice, veggie dippers

31 Free & Reduced meal benefits.
You must reapply every school year for meal benefits.
Your benefits will carry over until October 13, 2022. As of October 14, 2022, if you have not submitted a new application, you will be charged for your student's meals. Situations for families change, you can apply for benefits at any time during the school year.



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PAY FOR MEALS ONLINE
MySchoolBucks.com