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# SEPTEMBER 2022 Winnacunnet High School

**Meal prices**  
Student prices, \$2.50  
Student lunch, \$3.75  
Adult lunch \$4.15  
Reduced breakfast Free

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Don't forget to apply for Free & Reduced meal benefits.**

**Free & Reduced applications for meal benefits are available on the WHS website,**

**At any cashier during service and the main office.**

**5**  
Pulled pork soft taco  
Bean & cheese Quesadilla  
Tomato cucumber salad  
Milk, fruit, juice, veggie dippers

**6**  
Pasta Marinara  
Cheese filled bread stick  
Garden side salad  
Milk, fruit, juice, veggie dippers

**7**  
Chicken nuggets  
Rice pilaf, steamed corn  
Vegetarian nuggets  
Milk, fruit, juice, veggie dippers

**8**  
Buffalo meatball sub  
Black bean & rice stuffed pepper  
Pasta salad  
Milk, fruit, juice, veggie dippers

**9**  
Pizza  
Gluten free pizza  
Chef's choice salad  
Milk, fruit, juice, veggie dippers

**12**  
BBQ chicken sandwich  
Broccoli & cheese melt  
Sweet potato salad  
Milk, fruit, juice, veggie dippers

**13**  
No school  
Teacher in-service  
(Teachers only)

**14**  
Mozzarella sticks  
Garlic & herb pasta  
Steamed carrots  
Milk, fruit, juice, veggie dippers

**15**  
Steamed hot dogs  
Eggplant Parmesan sandwich  
Cold slaw  
Milk, fruit, juice, veggie dippers

**16**  
Pizza  
Gluten free pizza  
Chef's choice salad  
Milk, fruit, juice, veggie dippers

**19**  
Chicken patty sandwich  
Bean & rice Burrito  
Three bean salad  
Milk, fruit, juice, veggie dipper

**20**  
Cheese ravioli w/ Marinara  
Garden side salad, garlic bread  
Milk, fruit, juice, veggie dippers

**21**  
Teriyaki dippers  
Rice, steamed vegetable  
Tofu stir fry  
Milk, fruit, juice, veggie dippers

**22**  
Fish sandwich  
Spinach & Feta Quiche  
Watermelon & cucumber salad  
Milk, fruit, juice, veggie dippers

**23**  
Pizza  
Gluten free pizza  
Chef's choice salad  
Milk, fruit, juice, veggie dippers

**26**  
Toasted cheese sandwich  
Tomato soup  
Milk, fruit, juice, veggie dippers

**27**  
Stuffed shells  
Green beans, garlic bread  
Milk, fruit, juice, veggie dippers

**28**  
Pulled pork Nacho's  
Or cheese Nacho's  
Pico de Gallo rice salad  
Milk, fruit, juice, veggie dippers

**29**  
Chicken finger sub  
Vegetarian chicken finger sub  
Ancient grain salad  
Milk, fruit, juice, veggie dippers

**30**  
Pizza  
Gluten free pizza  
Chef's choice salad  
Milk, fruit, juice, veggie dippers

100% fruit juice, veggie dippers, side salads served daily.

Gluten free options are available with notice.

Custom made deli sandwiches offered daily as a meal option.

Vegetarian meals offered daily as a meal option.

Large garden salad with cheese and specialty salad offered weekly as a meal option.

**\*Don't forget to memorize your student I.D.**

**\* "Before placing your order, please inform your server  
If a person in your party has a food allergy".**



**PAY FOR MEALS ONLINE**  
MySchoolBucks.com