



Ed Comeau FSD 603-758-9261

DECEMBER 2022 Winnacunnet High School

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

ecomeau@warriors.winnacunnet.org

Monday

- Did you know that you can apply at any time during the school year for Free & Reduced meal benefits.
- WHS Foodservice is looking for someone to join our team, great hours, and people, go to SAU 21 website and click on employment and follow the prompts.

Tuesday

Wednesday

Thursday

Friday

5
Chicken patty sandwich
Spinach feta Quiche
Coleslaw
Milk, fruit, juice, veggie dippers

6
BBQ pulled pork
Cheese Quesadilla
Black bean salad
Milk, fruit, juice, veggie dippers

7
Tomato soup
Cheese toasty
Pasta salad, spinach side salad
Milk, fruit, juice, veggie dippers

1
11:05 first lunch
Pizza
GF available.
Chef's choice salad
Milk, fruit, juice, veggie dippers

2
No school
WHS transition day

12
Mozzarella sticks
Pasta Marinara
Baby kale side salad
Milk, fruit, juice, veggie dippers

13
Sweet Thai popcorn chicken
Vegetarian egg roll
Steamed brown rice
Milk, fruit, juice, veggie dippers

14
Meatball sub or
Vegetarian lasagna
Broccoli slaw, side salad
Milk, fruit, juice, veggie dippers

8
Chicken nuggets
Vegetarian nuggets
Buttered egg noodles
Steamed baby carrots
Milk, fruit, juice, veggie dippers

9
Pizza
GF available.
Chef's choice salad
Milk, fruit, juice, veggie dippers

19
Cheese ravioli
Marinara sauce, Dinner roll
Caesar side salad
Milk, fruit, juice, veggie dippers

20
Cheeseburger
Vegetarian cheeseburger
Tomato, cucumber salad
Milk, fruit, juice, veggie dippers

21
Grilled chicken sandwich
Broccoli & chickpea burrito
Sweet potato salad
Milk, fruit, juice, veggie dippers

15
Chicken & waffles
Vegetarian chicken & waffles
Side salad
Milk, fruit, juice, veggie dippers

16
Pizza
GF available.
Chef's choice salad
Milk, fruit, juice, veggie dippers

26
No school
Holiday break

27
No school
Holiday break

28
No school
Holiday break

22
Pizza
GF available
Chef's choice salad
Milk, fruit, juice, veggie dippers

23
Holiday
Vacation begins.
No lunch served.

29
No school
Holiday break

30
No school
Holiday break

Please notify the server if you have any food allergies.
Hot soup served daily.
Low fat white milk and fat free chocolate milk served daily.
Vegetarian meals served daily.

100% fruit juice served daily.

