



Ed Comeau, FSD, 603-758-9261

October 2023 lunch menu Winnacunnet High School

Meal prices

Student lunch, \$3.75
Student breakfast, \$2.50
Reduced breakfast, free
Adult lunch, \$5.00

ecomeau@warriors.winnacunnet.org

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>2</p> <p>Chicken patty sandwich, WG roll Vegetarian burger Broccoli, dried cranberry slaw Milk, fruit, juice, veggie dippers</p> | <p>3</p> <p>Cheese ravioli Steamed Wax beans, roll Milk, fruit, juice, veggie dippers</p> | <p>4</p> <p>Cheeseburger, WG roll Plant based burger. Pasta salad, lettuce, tomato, onion Milk, juice, fruit, veggie dippers</p> | <p>5</p> <p>Chicken nuggets Vegetarian nuggets Potato wedges, carrots Milk, fruit, juice, veggie dippers</p> | <p>6</p> <p>Early release</p> <p>Pizza GF pizza Caesar salad Milk, juice, fruit, veggie dippers</p> |
| <p>9</p> <p>Columbus Day Observed</p> | <p>10</p> <p>Mac & cheese Steamed corn Milk, fruit, juice, veggie dippers</p> | <p>11</p> <p>Loaded cheese nachos. With all the fixings Marinated mushrooms Milk, fruit, juice, veggie dippers</p> | <p>12</p> <p>KFC chicken bowl Vegetarian KFC bowl Mashed, corn, gravy, cheese. Milk, fruit, juice, veggie dippers</p> | <p>13</p> <p>Pizza GF pizza Caesar salad Milk, juice, fruit, veggie dippers</p> |
| <p>16</p> <p>Sloppy Joe's Vegetarian Falafel sandwich WG roll. Cold slaw Milk, fruit, juice, veggie dippers</p> | <p>17</p> <p>Pasta Marinara Cheese filled Bosco stick. Steamed broccoli w/garlic Milk, fruit, juice, veggie dippers</p> | <p>18</p> <p>Pizza Quesadilla Spanish rice, spinach salad Milk, fruit, juice, veggie dippers</p> | <p>19</p> <p>Sweet Thai popcorn chicken Sweet Thai roasted Tofu. Brown rice, Asian blend veggies Milk, fruit, juice, veggie dippers</p> | <p>20</p> <p>Pizza GF pizza Caesar salad Milk, juice, fruit, veggie dippers</p> |
| <p>23</p> <p>Spicy chicken sandwich, WG roll Baked stuffed Portobella. Sweet potato salad Milk, fruit, juice, veggie dippers</p> | <p>24</p> <p>Pasta Marinara WG mozzarella sticks Steamed broccoli Milk, fruit, juice, veggie dippers</p> | <p>25</p> <p>Soft beef taco Refried bean & cheese Burrito Cowboy caviar Milk, fruit, juice, veggie dippers</p> | <p>26</p> <p>Chicken & WG waffles Vegetarian chicken & waffles Watermelon, cucumber salad Milk, fruit, juice, veggie dippers</p> | <p>27</p> <p>Pizza GF pizza Caesar salad Milk, juice, fruit, veggie dippers</p> |
| <p>30</p> <p>Chicken fingers Vegetarian, GF fingers available Buttered Egg noodles, side salad Milk, fruit, juice, veggie dippers</p> | <p>31</p> <p>Halloweenies, WG rolls. Avocado toast w/ shaved parm Sweet potato Tator Tot's Milk, fruit, juice, veggie dippers</p> | <p>Are you looking for part-time employment? Great mom hours and people to work with. WHS is looking to fill a School Nutrition Position. Go to SAU 21 website and click on employment, follow the instructions and submit your application. We look forward to meeting you.</p> | | |

- Please let the server know if you have any food allergies.
- There is no charging allowed for any A La Carte items.
- Don't forget to memorize your student I.D.
- Applications may be submitted any time during the school year.

- *Hot soup served daily.
- *Orchard fresh apples.
- *Caesar salad w/chicken, Large garden salad served daily.

