

Berries



Boar's Head

Alternatives Daily Selections

Boar's Head Deli

Salad Bar

Assorted Pizza

Chicken Tenders



WRHS LUNCH MENU May 1st-31st 2019 \$3.00

	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Parmesan WG Noodles in Marinara Tossed Romaine Salad Assorted Fresh Fruits & Vegetables	2 Plain Baked Ziti or served with Meat Sauce on top WG Dinner Roll Tossed Salad 	3 Taco Friday With Beef, Beans, Corn, Salsa & Sour Cream  Assorted Fresh Fruits & Vegetables
6 Bosco Sticks or Mozzarella Sticks with Marinara Sauce Assorted Fresh Fruits & Vegetables 	7 Chicken Fajita With Peppers & Onions Steamed Brown Rice & Beans  Assorted Fresh Fruits & Vegetables	8 Meatball Sandwich Parmesan Potato Wedges 	9 Cheese or Buffalo Chicken Quesadilla with Sour Cream & Salsa  Brown Rice Mixed Vegetables Assorted Fresh Fruits & Vegetables	10 French Toast Sticks With Turkey Sausage & Tater Tots  Assorted Fresh Fruits & Vegetables
13 Tyson Chicken Patty On a Bun Buttered Noodles Zucchini & Squash  Assorted Fresh Fruits & Vegetable	14 Steak Sandwich on Keiser Roll Sweet Potato Wedges  Assorted Fresh Fruits & Vegetables	15 Plain Baked Ziti or served with Meat Sauce on top WG Dinner Roll Tossed Salad 	16 Nacho's Grande with Beef, Cheese, Corn, Salsa & Sour Cream Black Beans  Assorted Fresh Fruits and Vegetables	17 Cheese Burger or Hamburger Crinkle Cut Oven Baked Fries Assorted Fresh Fruits & Vegetables
20 Jumbo Cheese Ravioli with Meatballs in Marinara Sauce with Garlic Bread Garden Salad Assorted Fresh Fruits & Vegetables	21 Twisted Grilled Cheese Oven Baked Fries 3 Bean Salad Assorted Fresh Fruits and Vegetables	22 Sweet & Sour Chicken With Brown Rice & Steamed Broccoli  Assorted Fresh Fruits & Vegetables	23 Cheese or Buffalo Chicken Quesadilla with Sour Cream & Salsa  Brown Rice Mixed Vegetables Assorted Fresh Fruits & Vegetables	24 Steak Sandwich on Keiser Roll Sweet Potato Wedges  Assorted Fresh Fruits & Vegetables
27 CLOSED 	28 Hamburger or Cheese Burger Onion Rings Baked Beans Assorted Fresh Fruits & Vegetables	29 Macaroni & Cheese Buffalo Chicken Steamed Broccoli WG Dinner Roll	30 Pizza Crunchers With Dipping Sauce Garden Salad Mixed Fresh Vegetables	31 Nacho's Grande with Beef, Cheese, Corn, Salsa & Sour Cream Black Beans Assorted Fresh Fruits and Vegetables
Fresh Fruit & Vegetable Selection (includes but not limited to)				
Cucumber Coins Baby Carrots Assorted Chilled Fruit Fresh Whole Fruit	Carrot and Celery Sticks Assorted Chilled Fruit Fresh Whole Fruit	Red Bell Pepper Strips Cherry Tomatoes Chilled Peaches Fresh Whole Fruit	Carrot and Celery Sticks Fresh Broccoli Florets Fresh Whole Fruit	Colorful Tossed Salad Red Bell Pepper Strips Chilled Fruit Cocktail Fresh Whole Fruit

Food of the Month: Berries contain antioxidants, which work to neutralize free radicals linked to the development of cancer, cardiovascular disease, and other age-related conditions.

We provide free & reduced meals for all families that are eligible. Applications are available on the Region 16 website or call us at 203-758-6671 for details

USDA is an equal opportunity employer and provider.

<https://www.region16ct.org> MySchoolBucks.com

High School SELECTION INCLUDES: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate.