



Apponequet Regional High School

January 2019

More info...

Available Daily: (Hot)

Hamburger, Chicken Patties, Spicy Chicken Patties, Cheese Pizza, Pepperoni Pizza, Pasta and Meatballs

Available Daily: (Cold)

Turkey & Cheese Sandwich, Ham & Cheese Sandwich, Tuna Salad Wrap, Buffalo Chicken Wrap, Sun butter and Jelly Sandwich
Fresh Local Apples, Oranges, Pears, Crasins, Side Salads and more!

More info...

Don't forget to visit the Salad Bar!
Available daily: Black Beans Jalapenos, Sunflower Seeds, Hummus & More!

Questions, concerns about your students balance or to pay back an IOU:
www.Payschoolscentral.com

Andrea Fay Food Service Director
afay@freelake.org
Office:
508-947-2660 Extension 1146



31
No School

1
No School

2
Breakfast for Lunch
Pancakes
Sausage
Hash Brown
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: Ham and Swiss

3
Double Dog Day
Baked Beans
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: Ham and Swiss

4
Chicken Fajita Bowl with Rice, peppers, onions, and tortilla chips
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: Ham and Swiss

7
Chicken Snack Wraps
Baked Beans
Featuring
Grille: Chicken Tenders with a Roll
Deli: Turkey Club Wrap

8
Breakfast for Lunch
BEC Bagel Sandwich
Hash Brown
Featuring
Grille: Chicken Tenders with a Roll
Deli: Turkey Club Wrap

9
Mozzarella Sticks with Dipping sauce
Diced Carrots
Featuring
Grille: Chicken Tenders with a Roll
Deli: Turkey Club Wrap

10
Buffalo Chicken Mac N' Cheese
Cherry Tomatoes
Featuring
Grille: Chicken Tenders with a Roll
Deli: Turkey Club Wrap

11
White Pizza Fingers with Dipping Sauce
Tossed Salad
Featuring
Grille: Chicken Tenders with a Roll
Deli: Turkey Club Wrap

14
Breaded Chicken Drumstick with a Corn Muffin
Sweet Potato Fries
Featuring
Grille: Popcorn Chicken with a Roll
Deli: Chicken Pizza Wrap

15
Breakfast for Lunch
WG Waffles
Sausage
Hash Brown
Featuring
Grille: Popcorn Chicken with a Roll
Deli: Chicken Pizza Wrap

16
Pepper Jack Burger with Sriracha Mayo
Baked Beans
Featuring
Grille: Popcorn Chicken with a Roll
Deli: Chicken Pizza Wrap

17
Oven Roasted Turkey
Mashed Potatoes
Dinner Roll
Featuring
Grille: Popcorn Chicken with a Roll
Deli: Chicken Pizza Wrap

18
Grilled Cheese and Tomato Soup
Tossed Salad
Featuring
Grille: Popcorn Chicken with a Roll
Deli: Chicken Pizza Wrap

21
No School

22
Breakfast for Lunch
Scrambled Eggs with Toast
Bacon
Potato Tots
Featuring
Grille: Steak & Cheese Sub
Deli: Chicken BLT Wrap

23
Homemade Chili with Corn Muffin
Featuring
Grille: Steak & Cheese Sub
Deli: Chicken BLT Wrap

24
Soft Tacos with Lettuce and Cheese
Black Bean Salsa
Featuring
Grille: Steak & Cheese Sub
Deli: Chicken BLT Wrap

25
Pretzel Pub Chicken Sandwich
Baked Beans
Featuring
Grille: Steak & Cheese Sub
Deli: Chicken BLT Wrap

28
Chicken Ranch Flatbread
Oven Roasted Broccoli
Featuring
Grille: Hot & Spicy Popcorn Chicken
Deli: Chicken Caesar

29
Breakfast for Lunch
French toast Sticks
Sausage
Hash Brown
Featuring
Grille: Hot & Spicy Popcorn Chicken
Deli: Chicken Caesar Wrap

30
Beef Burrito with Rice, Peppers & Onions
Crunchy Carrot Sticks
Featuring
Grille: Hot & Spicy Popcorn Chicken
Deli: Chicken Caesar Wrap

31
BBQ Bacon Cheeseburger
Baked Beans
Featuring
Grille: Hot & Spicy Popcorn Chicken
Deli: Chicken Caesar Wrap

1
Popcorn Chicken Bowl with Mashed Potatoes
Dinner Roll
Featuring
Grille: Hot & Spicy Popcorn Chicken
Deli: Chicken Caesar Wrap