



Apponequet Regional High School

February 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



<p>28</p> <p>Chicken Ranch Flatbread Oven Roasted Broccoli</p> <p>Featuring Grille: Hot & Spicy Popcorn Chicken Deli: Chicken Caesar</p>	<p>29</p> <p>Breakfast for Lunch French toast Sticks Sausage Hash Brown Featuring Grille: Hot & Spicy Popcorn Chicken Deli: Chicken Caesar Wrap</p>	<p>30</p> <p>Beef Burrito with Rice, Peppers & Onions Crunchy Carrot Sticks Featuring Grille: Hot & Spicy Popcorn Chicken Deli: Chicken Caesar Wrap</p>	<p>31</p> <p>BBQ Bacon Cheeseburger Baked Beans Featuring Grille: Hot & Spicy Popcorn Chicken Deli: Chicken Caesar Wrap</p>	<p>1</p> <p>Popcorn Chicken Bowl with Mashed Potatoes Dinner Roll Featuring Grille: Hot & Spicy Popcorn Chicken Deli: Chicken Caesar Wrap</p>
<p>4</p> <p>½ Day No Food Served</p>	<p>5</p> <p>Breakfast for Lunch Pancakes Sausage Hash Brown Featuring Grille: Pizza Sticks with Dipping Sauce Deli: Ham and Swiss</p>	<p>6</p> <p>Homemade Chili with Corn Muffin Diced Carrots Featuring Grille: Pizza Sticks with Dipping Sauce Deli: Ham and Swiss</p>	<p>7</p> <p>Soft Tacos with Lettuce and Cheese Black Bean Salsa Featuring Grille: Pizza Sticks with Dipping Sauce Deli: Ham and Swiss</p>	<p>8</p> <p>Grilled Cheese and Tomato Soup Tossed Salad Featuring Grille: Pizza Sticks with Dipping Sauce Deli: Ham and Swiss</p>
<p>11</p> <p>Chicken Snack Wraps Baked Beans Featuring Grille: Popcorn Chicken with a Roll Deli: Chicken Pizza Wrap</p>	<p>12</p> <p>Breakfast for Lunch Zesty Breakfast Burrito with Tots, Cheese, and Salsa Carrot Sticks Featuring Grille: Popcorn Chicken with a Roll Deli: Chicken Pizza Wrap</p>	<p>13</p> <p>Mozzarella Sticks with Dipping sauce Steamed Sweet Peas Featuring Grille: Popcorn Chicken with a Roll Deli: Chicken Pizza Wrap</p>	<p>14</p> <p>Oven Roasted Turkey Mashed Potatoes Dinner Roll Featuring Grille: Popcorn Chicken with a Roll Deli: Chicken Pizza Wrap</p>	<p>15</p> <p>White Pizza Fingers with Dipping Sauce Tossed Salad Featuring Grille: Popcorn Chicken with a Roll Deli: Chicken Pizza Wrap</p>
<p>18</p> <p>No School</p>	<p>19</p> <p>No School</p>	<p>20</p> <p>No School</p>	<p>21</p> <p>No School</p>	<p>22</p> <p>No School</p>
<p>25</p> <p>Breaded Chicken Drumstick with a Corn Muffin Sweet Potato Fries Featuring Grille: Steak & Cheese Sub Deli: Chicken BLT Wrap</p>	<p>26</p> <p>Breakfast for Lunch BEC Bagel Sandwich Hash Brown Featuring Grille: Steak & Cheese Sub Deli: Chicken BLT Wrap</p>	<p>27</p> <p>Pepper Jack Burger with Sriracha Mayo Baked Beans Featuring Grille: Steak & Cheese Sub Deli: Chicken BLT Wrap</p>	<p>28</p> <p>Chicken Fajita Bowl with Rice, peppers, onions, and tortilla chips Featuring Grille: Steak & Cheese Sub Deli: Chicken BLT Wrap</p>	<p>1</p> <p>Pretzel Pub Chicken Sandwich Roasted Broccoli Featuring Grille: Steak & Cheese Sub Deli: Chicken BLT Wrap</p>