



Apponequet Regional High School September 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, Carrots, 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>2</p> <p>No School</p>	<p>3</p> <p>Breakfast for Lunch French Toast Sticks Sausage Hash Brown Featuring Grille: Spicy Popcorn Chicken with A Roll Deli: Chicken BLT Wrap</p>	<p>4</p> <p>Chicken Egg Rolls with Dipping Sauce Brown Rice Featuring Grille: Spicy Popcorn Chicken with A Roll Deli: Chicken BLT Wrap</p>	<p>5</p> <p>Popcorn Chicken Bowl with Mashed Potatoes Dinner Roll Featuring Grille: Spicy Popcorn Chicken with A Roll Deli: Chicken BLT Wrap</p>	<p>6</p> <p>BBQ Bacon Cheddar Burger Baked Beans Featuring Grille: Spicy Popcorn Chicken with A Roll Deli: Chicken BLT Wrap</p>
<p>9</p> <p>Chicken Snack Wraps Sweet Potato Fries Featuring Grille: Steak & Cheese Sub Deli: Chicken BLT Wrap</p>	<p>10</p> <p>Breakfast for Lunch Scrambled Eggs with Toast Bacon Hash Brown Featuring Grille: Steak & Cheese Sub Deli: Chicken BLT Wrap</p>	<p>11</p> <p>Homemade Chili with Corn Muffin Sweet Potato Fries Featuring Grille: Steak & Cheese Sub Deli: Chicken BLT Wrap</p>	<p>12</p> <p>Crunchy Breaded Chicken Drumstick Corn Muffin Baked Beans Featuring Grille: Steak & Cheese Sub Deli: Chicken BLT Wrap</p>	<p>13</p> <p>White Pizza Fingers with Dipping Sauce Tossed Salad Featuring Grille: Steak & Cheese Sub Deli: Chicken BLT Wrap</p>
<p>16</p> <p>Chicken Ranch Flatbread Baked Beans Featuring Grille: Pizza Sticks with Dipping Sauce Deli: Chicken Caesar Wrap</p>	<p>17</p> <p>Breakfast for Lunch WG Waffles Hash Brown Featuring Grille: Pizza Sticks with Dipping Sauce Deli: Chicken Caesar Wrap</p>	<p>18</p> <p>Beef Burrito with Rice, Peppers & Onions Crunchy Carrot Sticks Featuring Grille: Pizza Sticks with Dipping Sauce Deli: Chicken Caesar Wrap</p>	<p>19</p> <p>Roasted Turkey and Gravy Dinner Roll Mashed Potatoes Featuring Grille: Pizza Sticks with Dipping Sauce Deli: Chicken Caesar Wrap</p>	<p>20</p> <p>French Bread Pizza Tossed Salad Featuring Grille: Pizza Sticks with Dipping Sauce Deli: Chicken Caesar Wrap</p>
<p>23</p> <p>Crispy Orange Chicken Bowl with Rice and Broccoli Featuring Grille: Popcorn Chicken with a Roll Deli: Chicken Pizza Wrap</p>	<p>24</p> <p>Breakfast for Lunch BEC Bagel Sandwich Hash Brown Featuring Grille: Popcorn Chicken with a Roll Deli: Chicken Pizza Wrap</p>	<p>25</p> <p>Meatball and Mozz Flatbread Sandwich Diced Carrots Featuring Grille: Popcorn Chicken with a Roll Deli: Chicken Pizza Wrap</p>	<p>26</p> <p>Beef and Cheese Nachos Black Bean Salsa Featuring Grille: Popcorn Chicken with a Roll Deli: Chicken Pizza Wrap</p>	<p>27</p> <p>Grilled Cheese and Chicken Noodle Soup Tossed Salad Featuring Grille: Popcorn Chicken with a Roll Deli: Chicken Pizza Wrap</p>
<p>30</p> <p>Pretzel Pub Chicken Sandwich Baked Beans Featuring Grille Sriracha Chicken Tenders with a Roll Deli: Turkey Club Warp</p>	<p>1</p> <p>Breakfast for Lunch Pancakes Sausage Hash Brown Featuring Grille Sriracha Chicken Tenders with a Roll Deli: Turkey Club Warp</p>	<p>2</p> <p>Taco Dippers Green Beans Featuring Grille Sriracha Chicken Tenders with a Roll Deli: Turkey Club Warp</p>	<p>3</p> <p>Buffalo Chicken Mac and Cheese Cherry Tomatoes Featuring Grille Sriracha Chicken Tenders with a Roll Deli: Turkey Club Warp</p>	<p>4</p> <p>Pepperoni Stuffed Crust Pizza Tossed Salad Featuring Grille Sriracha Chicken Tenders with a Roll Deli: Turkey Club Warp</p>