



Apponequet Regional High School

June 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



27

No School

28

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

29

Homemade Chili with Corn Muffin
Sweet Potato Fries
Featuring
Grille: Popcorn Chicken with a Roll
Deli: Chicken Pizza Wrap

30

Chicken Fajita Bowl with Rice, peppers, onions, beans and tortilla chips
Featuring
Grille: Popcorn Chicken with a Roll
Deli: Chicken Pizza Wrap

31

White Pizza Fingers with Dipping Sauce
Tossed Salad
Featuring
Grille: Popcorn Chicken with a Roll
Deli: Chicken Pizza Wrap

3

Chicken Ranch Flatbread
Baked Beans
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: Chicken Caesar Wrap

4

Breakfast for Lunch
French Toast Sticks
Sausage
Hash Brown
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: Chicken Caesar Wrap

5

Taco Dippers
Diced Carrots
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: Chicken Caesar Wrap

6

Roasted Turkey and Gravy Dinner Roll
Mashed Potatoes
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: Chicken Caesar Wrap

7

French bread Pizza
Tossed Salad
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: Chicken Caesar Wrap

10

Crispy Orange Chicken Bowl with Rice and Broccoli
Featuring
Grille: Steak & Cheese Sub
Deli: Chicken BLT Wrap

11

Breakfast for Lunch
BEC Bagel Sandwich
Hash Brown
Featuring
Grille: Steak & Cheese Sub
Deli: Chicken BLT Wrap

12

American Chop Suey
Tossed Salad
Featuring
Grille: Steak & Cheese Sub
Deli: Chicken BLT Wrap

13

Final Exams
Stop in for Snacks and Lunch!

14

Final Exams
Stop in for Snacks and Lunch!

17

Final Exams
Stop in for Snacks and Lunch!

18

½ Day
No Food Served

19

20

Have a Safe and Relaxing Summer!

21

See you in September!

2

September

3

Breakfast for Lunch
French Toast Sticks
Sausage
Hash Brown
Featuring
Grille: Spicy Popcorn Chicken with A Roll
Deli: Chicken BLT Wrap

4

Chicken Egg Rolls with Dipping Sauce
Brown Rice
Featuring
Grille: Spicy Popcorn Chicken with A Roll
Deli: Chicken BLT Wrap

5

Popcorn Chicken Bowl with Mashed Potatoes
Dinner Roll
Featuring
Grille: Spicy Popcorn Chicken with A Roll
Deli: Chicken BLT Wrap

6

BBQ Bacon Cheddar Burger
Baked Beans
Featuring
Grille: Spicy Popcorn Chicken with A Roll
Deli: Chicken BLT Wrap