



# Apponequet Regional High School

April 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](http://www.Payschoolscentral.com)

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



1  
½ Day  
No Food Served

2  
**Breakfast for Lunch**  
BEC Bagel Sandwich  
Hash Brown  
**Featuring**  
Grille: Steak & Cheese Sub  
Deli: Chicken BLT Wrap

3  
Breaded Chicken  
Drumstick with a Corn Muffin  
Baked Beans  
**Featuring**  
Grille: Steak & Cheese Sub  
Deli: Chicken BLT Wrap

4  
Pretzel Pub Chicken Sandwich  
Oven Roasted Broccoli  
**Featuring**  
Grille: Steak & Cheese Sub  
Deli: Chicken BLT Wrap

5  
Chicken Fajita Bowl with Rice, peppers, onions, and tortilla chips  
**Featuring**  
Grille: Steak & Cheese Sub  
Deli: Chicken BLT Wrap

8  
Popcorn Chicken Bowl with Mashed Potatoes  
Dinner Roll  
**Featuring**  
Grille: Hot & Spicy Popcorn Chicken  
Deli: Chicken Caesar Wrap

9  
**Breakfast for Lunch**  
French toast Sticks  
Sausage  
Hash Brown  
**Featuring**  
Grille: Hot & Spicy Popcorn Chicken  
Deli: Chicken Caesar Wrap

10  
Beef Burrito with Rice, Peppers & Onions  
Crunchy Carrot Sticks  
**Featuring**  
Grille: Hot & Spicy Popcorn Chicken  
Deli: Chicken Caesar Wrap

11  
Mushroom and Swiss Burger  
Baked Beans  
**Featuring**  
Grille: Hot & Spicy Popcorn Chicken  
Deli: Chicken Caesar Wrap

12  
No School

15  
No School

16  
No School

17  
No School

18  
No School

19  
No School

22  
Chicken Snack Wraps  
Baked Beans  
**Featuring**  
Grille: Popcorn Chicken with a Roll  
Deli: Chicken Pizza Wrap

23  
**Breakfast for Lunch**  
Pancakes  
Sausage  
Hash Brown  
**Featuring**  
Grille: Popcorn Chicken with a Roll  
Deli: Chicken Pizza Wrap

24  
Homemade Chili with Corn Muffin  
Sweet Potato Fries  
**Featuring**  
Grille: Popcorn Chicken with a Roll  
Deli: Chicken Pizza

25  
Oven Roasted Turkey Mashed Potatoes  
Dinner Roll  
**Featuring**  
Grille: Popcorn Chicken with a Roll  
Deli: Chicken Pizza Wrap

26  
White Pizza Fingers with Dipping Sauce  
Tossed Salad  
**Featuring**  
Grille: Popcorn Chicken with a Roll  
Deli: Chicken Pizza Wrap

29  
Crispy Orange Chicken Bowl with Rice and Broccoli  
**Featuring**  
Grille: Chicken Tenders with a Roll  
Deli: Turkey and Pepper Jack Wrap

30  
**Breakfast for Lunch**  
Breakfast Burrito with Tots, Cheese, and Salsa  
Carrot Sticks  
**Featuring**  
Grille: Chix Tenders w/ Roll  
Deli: Turkey & Pepper Jack Wrap

1  
Buffalo Chicken Mac & Cheese  
Steamed Sweet Peas  
**Featuring**  
Grille: Chicken Tenders with a Roll  
Deli: Turkey and Pepper Jack Wrap

2  
Soft Tacos with Lettuce and Cheese  
Black Bean Salsa  
**Featuring**  
Grille: Chicken Tenders with a Roll  
Deli: Turkey and Pepper Jack Wrap

3  
Chicken Ranch Flatbread Tossed Salad  
**Featuring**  
Grille: Pizza Sticks with Dipping Sauce  
Deli: Ham and Swiss