



Apponequet Regional High School

May 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

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

6

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

7

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

8

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

9

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

10

Beef Burrito with Rice, Peppers & Onions
Crunchy Carrot Sticks
Featuring
Grille: Steak & Cheese Sub
Deli: Chicken BLT Wrap

13

Grilled Cheese and Tomato Soup
Tossed Salad
Featuring
Grille: Hot & Spicy Popcorn Chicken
Deli: Chicken Caesar Wrap

14

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

15

Crispy Corn Dogs
Baked Beans
Featuring
Grille: Hot & Spicy Popcorn Chicken
Deli: Chicken Caesar Wrap

16

Oven Roasted Turkey Mashed Potatoes
Dinner Roll
Featuring
Grille: Hot & Spicy Popcorn Chicken
Deli: Chicken Caesar Wrap

17

Chicken Snack Wraps
Steamed Diced Carrots
Featuring
Grille: Hot & Spicy Popcorn Chicken
Deli: Chicken Caesar Wrap

20

Popcorn Chicken Bowl with Mashed Potatoes
Dinner Roll
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: BBQ Chicken and Cheddar

21

Breakfast for Lunch
Scrambled Eggs with Toast
Bacon
Hash Brown
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: BBQ Chix & Cheddar

22

Chicken Egg Rolls with Dipping Sauce
Brown Rice
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: BBQ Chicken and Cheddar

23

Beef and Cheddar Nachos Tossed Salad
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: BBQ Chicken and Cheddar

24

BBQ Bacon Cheddar Burger
Baked Beans
Featuring
Grille: Pizza Sticks with Dipping Sauce
Deli: BBQ Chicken and Cheddar

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, 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

