



# Apponequet Regional High School

March 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



**25**  
Breaded Chicken Drumstick with a Corn Muffin  
Sweet Potato Fries  
**Featuring**  
Grille: Steak & Cheese Sub  
Deli: Chicken BLT Wrap

**26**  
**Breakfast for Lunch**  
BEC Bagel Sandwich  
Hash Brown  
**Featuring**  
Grille: Steak & Cheese Sub  
Deli: Chicken BLT Wrap

**27**  
Pepper Jack Burger with Sriracha Mayo  
Baked Beans  
**Featuring**  
Grille: Steak & Cheese Sub  
Deli: Chicken BLT Wrap

**28**  
Chicken Fajita Bowl with Rice, peppers, onions, and tortilla chips  
**Featuring**  
Grille: Steak & Cheese Sub  
Deli: Chicken BLT Wrap

**1**  
Pretzel Pub Chicken Sandwich  
Oven Roasted Broccoli  
**Featuring**  
Grille: Steak & Cheese Sub  
Deli: Chicken BLT Wrap

**4**  
BBQ Bacon Cheeseburger  
Baked Beans  
**Featuring**  
Grille: Hot & Spicy Popcorn Chicken  
Deli: Chicken Caesar Wrap

**5**  
**Breakfast for Lunch**  
French toast Sticks  
Sausage  
Hash Brown  
**Featuring**  
Grille: Hot & Spicy Popcorn Chicken  
Deli: Chicken Caesar Wrap

**6**  
Beef Burrito with Rice, Peppers & Onions  
Crunchy Carrot Sticks  
**Featuring**  
Grille: Hot & Spicy Popcorn Chicken  
Deli: Chicken Caesar Wrap

**7**  
**½ Day**  
**No Food Served**

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

**11**  
Chicken Ranch Flatbread  
Baked Beans  
**Featuring**  
Grille: Pizza Sticks with Dipping Sauce  
Deli: Ham and Swiss

**12**  
**Breakfast for Lunch**  
Zesty Breakfast Burrito with Tots, Cheese, and Salsa  
Carrot Sticks  
**Featuring**  
Grille: Pizza Sticks with Dipping Sauce  
Deli: Ham and Swiss

**13**  
Homemade Chili with Corn Muffin  
Steamed Sweet Peas  
**Featuring**  
Grille: Pizza Sticks with Dipping Sauce  
Deli: Ham and Swiss

**14**  
Homemade Baked Ziti  
Tossed Salad  
**Featuring**  
Grille: Pizza Sticks with Dipping Sauce  
Deli: Ham and Swiss

**15**  
Grilled Cheese and Tomato Soup  
Oven Roasted Broccoli  
**Featuring**  
Grille: Pizza Sticks with Dipping Sauce  
Deli: Ham and Swiss

**18**  
Chicken Snack Wraps  
Baked Beans  
**Featuring**  
Grille: Popcorn Chicken with a Roll  
Deli: Chicken Pizza Wrap

**19**  
**Breakfast for Lunch**  
Pancakes  
Sausage  
Hash Brown  
**Featuring**  
Grille: Popcorn Chicken with a Roll  
Deli: Chicken Pizza Wrap

**20**  
Mozzarella Sticks with Dipping sauce  
Crunchy Carrot Sticks  
**Featuring**  
Grille: Popcorn Chicken with a Roll  
Deli: Chicken Pizza Wrap

**21**  
Oven Roasted Turkey  
Mashed Potatoes  
Dinner Roll  
**Featuring**  
Grille: Popcorn Chicken with a Roll  
Deli: Chicken Pizza Wrap

**22**  
White Pizza Fingers with Dipping Sauce  
Tossed Salad  
**Featuring**  
Grille: Popcorn Chicken with a Roll  
Deli: Chicken Pizza Wrap

**25**  
Mini Corn Dogs  
Sweet Potato Fries  
**Featuring**  
Grille: Chicken Tenders with a Roll  
Deli: Turkey and Pepper Jack Wrap

**26**  
**Breakfast for Lunch**  
Scrambled Eggs & Toast  
Bacon  
Tater Tots  
**Featuring**  
Grille: Chicken Tenders with a Roll  
Deli: Turkey and Pepper Jack Wrap

**27**  
Buffalo Chicken Mac & Cheese  
Steamed Sweet Peas  
**Featuring**  
Grille: Chicken Tenders with a Roll  
Deli: Turkey and Pepper Jack Wrap

**28**  
Soft Tacos with Lettuce and Cheese  
Black Bean Salsa  
**Featuring**  
Grille: Chicken Tenders with a Roll  
Deli: Turkey and Pepper Jack Wrap

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