

Lunches may be prepaid.  
 Make check payable to  
 School Food Services.

**HAMPDEN WILBRAHAM REGIONAL SCHOOL DISTRICT**  
**Elementary & Middle Schools**

Menu subject to change  
 based on product availability.



**Lunch \$2.75**  
**Milk only \$.50**

**January 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Jan	2-Jan	3-Jan	4-Jan
<b>HAPPY NEW YEAR</b>		Macaroni & Cheese Chop Chop Salad Steamed Carrots Fruit	Teriyaki Chicken Dippers Brown Rice Roasted Butternut Squash Fruit	Mozzarella Sticks Tomato Sauce for Dipping Seasoned Noodles Broccoli Fruit
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
French Toast Sticks Sausage Links Fruitable Juice Box Home Fries Fruit	Pasta w/Meatsauce Garlic Green Beans Garlic Knot Fruit	Meatball Sub on a WG Roll Shredded Mozzarella Steamed Broccoli Fruit	Taco Boat Lettuce -Salsa -Cheese Brown Rice Corn Fruit	Stuffed Crust Pizza Raw Veggies Green Beans Fruit
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
<b>Breakfast for lunch</b> Ham, Egg & Cheese Sandwich Homefries Fruit	Popcorn Chicken Whipped Potato Corn WG Dinner Roll Fruit	Hot Dog on a Bun Baked Beans Sweet Potato Fries Fruit	Hamburger on a Bun Lettuce-Tomato-Cheese Green Beans Fruit	Toasted Cheese Sandwich Tomato Soup Raw Veggies Fruit
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
<b>Martin Luthur King Day</b> <b>No School</b>	Ham & Cheese Flatbread Melt Potato Smiles Celery Sticks with Hummus Fruit	Chicken Fajita Peppers/Onions Lettuce/Salsa Corn Fruit	Totally Taco Soup Tortilla Chips Shredded Cheese Corn Fruit	Cheese Pizza w/WG Crust Veggies and Hummus Fruit
28-Jan	29-Jan	30-Jan	31-Jan	<b>Alternatives:</b>
Orange Chicken Brown Rice Carrots Dinner Roll Fruit	Turkey Wrap on Wheat Tortilla Lettuce/ Tomato Homemade Chicken Noodle Soup Baby Carrots w/ Dip Fruit	Totally Taco Max Snacks Salsa For Dipping Brown Rice Corn Fruit	Pulled Pork on a Bun Baked Beans Roasted Sweet Potato Fruit	<b>Monday-Chicken Sandwich</b> <b>Tuesday- Wrap of the day</b> <b>Wednesday- Cheeseburger</b> <b>Thursday - Wrap of the Day</b> <b>Friday - Pizza</b>

**Choice of fruit served everyday**  
**Choice of milk served with every lunch - 1% low-fat or fat free chocolate**

**This Institution is an equal opportunity provider and employer**

