

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.

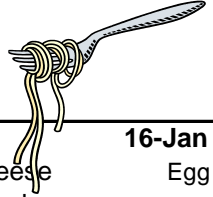


**Lunch \$2.75**  
**Milk only \$.50**

**January 2020**

**HAPPY NEW YEAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Jan	2-Jan	3-Jan
			French Toast Sticks Sausage Links Apple Sauce Homefries Fruit	Toasted Cheese Sandwich Tomato Soup Raw Veggies & Dip Fruit
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Waffle Sticks Ham Slice Strawberries/Peaches Fruitable Juice Box Fruit	Totally Taco Soup Tortilla Chips Shredded Cheese Corn Fruit	Pasta w/ Meatsauce Garden Salad Garlic Knot Fruit	Meatball Sub on WW Roll Green Beans Oven Fries Fruit	Sal's Fresh Pizza Garden Salad Red Pepper Strips Fruit
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Chicken Nuggets Choice of Sauce Whipped Potato Corn Fruit	Hot Dog Whole Grain Bun Baked Beans Crunchy Cole Slaw Fruit	Macaroni and Cheese Chop Chop Salad Steamed Carrots Fruit	Egg & Cheddar Sandwich Homefries Fruitable Juice Box Fruit	<b>Early Release</b> <b>No Lunch Served</b>
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
<b>No School</b> <b>MLK Day</b>	Hamburger on a WG Bun Lettuce-Tomato-Cheese Pasta Salad Fresh Steamed Broccoli Fruit	Totally Taco Max Snacks Salsa for Dipping Red Beans and Rice Corn Fruit	Popcorn Chicken Baked Sweet Potato Green Beans WG Roll Fruit	Mozzarella Sticks Tomato Sauce for Dipping Seasoned Rotini Broccoli Fruit
27-Jan	28-Jan	28-Jan	30-Jan	31-Jan
Turkey Wrap Lettuce-Tomato Cape Cod Chips Baby Carrots Fruit	Mandarin Orange Chicken Brown Rice Roasted Butternut Squash Fruit	Ham & Cheese Flatbread Potato Smiles Hummus and Celery Sticks Fruit	Taco Boat Lettuce-Salsa-Cheese Brown Rice Corn Fruit	Stuffed Crust Pizza Garden Salad Baby Carrots Fruit



**Choice of fruit served everyday**  
**Choice of milk served with every lunch - 1% low-fat or fat free chocolate**  
**Bagel lunch & Power Pack Lunch Served Daily**

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

