

**Free & Reduced Lunch**

Apply online at

[www.wrsd.net/foodserves](http://www.wrsd.net/foodserves)

Applications may be submitted at any time during the year.

**Wachusett Regional School District  
Central Tree & MtView**

**November 2018**



**Lunch Prices**

Elementary & Middle - \$3.00



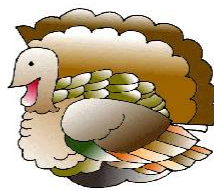
High School - \$3.25

Reduced price - \$.40

Milk - \$.60

All meals include choice of sides (vegetable, fruit/juice, milk)

Students MUST take at least one fruit or vegetable with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu is subject to change. Please let us know if you have any allergies to food. Wachusett Regional is an equal opportunity provider.</p>	<p>Have you checked your lunch balance? We allow TWO IOUs. Pay online at <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> or at the register. All IOUs must be paid in full.</p>		<p><b>1</b> Meatball Sub Oven Baked Fries Carrot &amp; Celery Sticks w/ ranch dressing Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Hot Dog on Roll</p>	<p><b>2</b> Sal's Cheese Pizza Caesar Salad Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Cheese or hamburger</p>
<p><b>5</b> Chicken Nuggets Garlic Mashed Potatoes w/ Gravy Rst Carrotsw/Oregano Chilled or Fresh Fruit Milk-Chocolate/White Bagel-Yogurt Meal Pizza</p>	<p><b>6</b> No School </p>	<p><b>7</b> Cheese Ravioli w/Marinara Dinner Roll Steamed Broccoli Chilled or Fresh Fruit Milk-Chocolate/White Cereal &amp; yogurt lunch Pizza</p>	<p><b>8</b> Bacon Burger Sandwich Oven Baked Fries Three Bean Salad Chilled or Fresh Fruit Milk-Chocolate/White Tuna Salad Sandwich Hot Dog on Roll</p>	<p><b>9</b> Stuffed Crust Pizza Fresh Garden Salad Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger Chicken Caesar Salad Shaker</p>
<p><b>12</b> HOLIDAY </p>	<p><b>13</b> Cinnamon French Toast Sausage Links Hash Brown Potato Chilled or Fresh Fruit Milk-Chocolate/White Egg Sausage &amp; Cheese on English Muffin Hot Dog on Roll</p>	<p><b>14</b> Hot Dog on a Roll Baked Beans Swt Potato Crinkle Fries Chilled or Fresh Fruit Milk-Chocolate/White Cereal &amp; yogurt lunch Pizza</p>	<p><b>15</b> Rst Turkey w/Gravy Mashed Potatoes Honey Glazed Carrots Cranberry Sauce Dinner Roll Chilled or Fresh Fruit Milk-Chocolate/White Tuna Salad Sandwich</p>	<p><b>16</b> Big Daddy's Pizza Caesar Salad Chilled or Fresh Fruit Milk-Chocolate/White Buffalo Chicken Sub Cheese or hamburger</p>
<p><b>19</b> Chicken, Bacon Ranch Sub Oven Baked Fries Fresh Celery w/ dip Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Pizza</p>	<p><b>20</b> Sal's Cheese Pizza Caesar Salad Chilled or Fresh Fruit Milk-Chocolate/White Egg Sausage &amp; Cheese on English Muffin Hot Dog on Roll</p>	<p><b>21</b> No School</p>	<p><b>22</b> Happy Thanksgiving! </p>	<p><b>23</b> No School</p>
<p><b>26</b> Mini Maple Waffles Chicken Nuggets Sweet Potato Fries Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Pizza</p>	<p><b>27</b> Pancakes Breakfast Sausage Potato Puffs Chilled or Fresh Fruit Milk-Chocolate/White Egg Sausage &amp; Cheese on English Muffin Hot Dog on Roll</p>	<p><b>28</b> Macaroni &amp; Cheese w/ Buffalo Chicken Fresh Garden Salad Dinner Roll Chilled or Fresh Fruit Milk-Chocolate/White Cereal &amp; yogurt lunch Pizza</p>	<p><b>29</b> SUPER NACHOS Black Bean Salad Corn Chilled or Fresh Fruit Milk-Chocolate/White Bagel Yogurt Meal Tuna Salad Sandwich</p>	<p><b>30</b> Stuffed Crust Pizza Steamed Broccoli Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger Chicken Caesar Salad Shaker</p>