



Westerly High School Lunch

October 2017

2
Spaghetti & Meatballs
Chicken Caesar Salad w/
Breadstick

side items

Fresh Fruit & Veggie Bar
Seasoned Corn

3
**Fish Sticks w/
Macaroni & Cheese**
Chicken Caesar Salad w/
Breadstick

side items

Fresh Fruit & Veggie Bar
Baked Beans

4
Chicken Tacos
Chicken Caesar Salad w/
Breadstick

side items

Fresh Fruit & Veggie Bar
Tater Tots

5
**Sweet & Sour
Chicken Bowl**
Chicken Caesar Salad w/
Breadstick

side items

Fresh Fruit & Veggie Bar
Green Beans

6
**Beef & Cheese
Nachos**
Chicken Caesar Salad w/
Breadstick

side items

Fresh Fruit & Veggie Bar
Corn

9 **Fuel**
No School
Columbus Day

10 **Fuel**
**Pasta & Meatsauce w/
Breadstick**
Chick n' Cheese Griller
Buffalo Chicken Salad

Fresh Fruit & Veggie Bar
Seasoned Carrots

11 **Fuel**
**Bacon & Cheese
Baked Potato**
Buffalo Chicken Pizza

Fresh Fruit & Veggie Bar
Broccoli

12 **Fuel**
**Chicken Tenders w/
Breadstick**
Chick n' Cheese Griller
Broccoli, Pepper & Onion Pizza
Buffalo Chicken Salad

Fresh Fruit & Veggie Bar
Green Beans

13
**Beef & Cheese
Nachos**
Buffalo Chicken Salad

side items

Fresh Fruit & Veggie Bar
Seasoned Corn

16 **Fuel**
**Meatloaf w/ Gravy &
Roll**
Steak n' Cheese Griller
Chicken Caesar Salad w/ Breadstick

Fresh Fruit & Veggie Bar
Mashed Potatoes w/ Gravy

17 **Fuel**
**Penne Alfredo w/
Chicken**
Steak n' Cheese Griller
Chicken Caesar Salad w/ Breadstick

Fresh Fruit & Veggie Bar
Broccoli

18 **Fuel**
**French Toast Sticks
w/ Sausage**
Steak n' Cheese Griller
Chicken Caesar Salad w/ Breadstick

Fresh Fruit & Veggie Bar
Tater Tots

19 **Fuel**
**Chicken Tenders w/
Breadstick**
Steak n' Cheese Griller
Chicken Caesar Salad w/ Breadstick

Fresh Fruit & Veggie Bar
Baked Beans

20
**Beef & Cheese
Nachos**
Chicken Caesar Salad w/
Breadstick

side items

Fresh Fruit & Veggie Bar
Corn

23
BBQ Cheeseburger
Garden Salad

side items

Fresh Fruit & Veggie Bar
Carrots

24
Chicken Fajitas
Garden Salad

side items

Fresh Fruit & Veggie Bar
Baked Beans

25
**Cheesy Baked Penne
w/ Breadstick**
Garden Salad

side items

Fresh Fruit & Veggie Bar
Broccoli

26
Meatball Pizza Sub
Garden Salad

side items

Fresh Fruit & Veggie Bar
Green Beans

27
**Beef & Cheese
Nachos**
Garden Salad

side items

Fresh Fruit & Veggie Bar
Corn

30
**Salisbury Steak w/
Gravy**
Ranch Popcorn Chicken Salad w/
Breadstick

side items

Fresh Fruit & Veggie Bar
Mashed Potatoes w/ Gravy

31 **Halloween**
**Pepperoni Pizza
Burger**
Ranch Popcorn Chicken Salad w/
Breadstick

Fresh Fruit & Veggie Bar
Campfire Beans

1
**French Toast Sticks
w/ Sausage**
Ranch Popcorn Chicken Salad w/
Breadstick

side items

Fresh Fruit & Veggie Bar
Tater Tots

2
**Chicken Tenders w/
Breadstick**
Ranch Popcorn Chicken Salad w/
Breadstick

side items

Fresh Fruit & Veggie Bar
Green Beans

3
**Beef & Cheese
Nachos**
Ranch Popcorn Chicken Salad w/
Breadstick

side items

Fresh Fruit & Veggie Bar
Corn

Available Daily: Cheeseburgers, Hamburgers, Chicken Patties, Spicy Chicken Patties, Assorted Pizzas, Chicken Nuggets

Make Payments Online at www.myschoolbucks.com

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.



Eat Local!

We strive to offer the freshest fruit & vegetables for all our meals. Each month we offer local produce within 150 miles of Westerly!

Lunch Prices:
Reduced: \$0.40, Paid: \$2.80



Questions?
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This institution is an equal opportunity provider.

