

# WINTER 2023 REGION 19 SCHOOL DISTRICT



Edwin O. Smith  
High School

## MEAL PRICING:

|                      |        |
|----------------------|--------|
| Lunch Full Price*    | \$3.50 |
| Reduced Lunch Price* | \$0.40 |
| Milk Only            | \$0.50 |

\*Forgot your lunch money?

No problem, you can always charge a complete meal.

## LUNCH Menu

## January-July 2023

| WEEK     | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|----------|---|--|---|---|--|
| <b>1</b> | Baked Macaroni & Cheese with Roasted Broccoli and a Warm Roll                                 | Toasted Cheese Sandwich with Tomato Soup and Baby Carrots with Hummus Dip    | All Beef Hot Dog on a Roll with New England Baked Beans                       | Baked Chicken Nuggets, Tater Tots and a Whole Wheat Roll                    | Vegetarian or Chicken Ramen with Edamame, Mixed Vegetables, Ginger and Wheat Noodles |
| <b>2</b> | Meatball, Marinara Sauce & Mozzarella Cheese on a Sub Roll with Caesar Salad                  | Mini Corn Dogs with Southwest Black Bean & Corn Salad                        | Popcorn Chicken Bowl with Sweet Potato Tots and Chipotle Ranch Dip Corn Bread | Shaved Steak & Cheese Grinder with Grilled Onions & Peppers and Onion Rings | Cheddar & Cheese on a Warm Croissant with a Hash Brown                               |
| <b>3</b> | Breaded Chicken, Marinara Sauce & Mozzarella Cheese on a Ciabatta Roll Roll with Caesar Salad | Chicken and Gravy Bowl over Mashed Potatoes with Steamed Corn and Corn Bread | Vegetable or Chicken Quesadilla and Baked Sweet Potato Fries                  | All Beef Hot Dog on a Roll with New England Baked Beans                     | Chicken Fajitas in Soft Flour Tortilla with Grilled Onions & Peppers                 |
| <b>4</b> | Shaved Steak & Cheese Grinder with Grilled Onions & Peppers and Onion Rings                   | Southwest Chicken and Rice Bowl with Black Beans, Corn & Honey Lime Dressing | French Toast Sticks with Syrup, Chicken Sausage and a Hash Brown              | Baked Chicken Nuggets, Roasted Broccoli and a Whole Wheat Roll              | Toasted Cheese Sandwich with Tomato Soup and Baby Carrots with Hummus Dip            |

Menu subject to change due to availability of products.

## DAILY ALTERNATE ENTREES\*\*

- Pepperoni Pizza
- Hamburger
- Cheeseburger
- Spicy Chicken Patty
- Chicken Patty
- Deli Sandwiches
- Chef Salad
- Black Bean Burger(V)
- Cheese Pizza (V)
- PB & J (V)

\*\* Make alternate entrees into a meal by adding fruit, veggies and/or milk.

(V) = Vegetarian option

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 |    |    |    |    |

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |    |    |    |    |    |    |

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |    |

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

■ Week 1 Meal Plan    
 ■ Week 2 Meal Plan    
 ■ Week 3 Meal Plan    
 ■ Week 4 Meal Plan

1.2015-2020 Dietary Guidelines for Americans  
2.USDA. MyPlate.gov. <http://www.myplate.gov>.