

Hampshire Regional H S

OCTOBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken Sanwich Sweet Potato Fries Romaine and Tomatoes Raw Carrots w/ dip Assorted Fruit Selection Milk</p>	<p>2</p> <p>Stuffed Crust Pizza Hash Brown Green Beans Assorted Fruit Selection Milk Enter Text Here</p>	<p>3</p> <p>Beef or Chicken Taco Bar Doritos Black Beans and Corn Salsa Sour Cream Assorted Fruit Selection Milk</p>	<p>4</p> <p>Oriental beef with Broccoli Or Sweet n Sour Chicken Vegetable Fried Rice Oriental vegetable Fresh Fruit Pineapple Chunks Milk</p>	<p>5</p> <p>Pizza = 3 Choices Romaine Salad w /salad bar Baby Cakes Assorted Fruit Selection Milk Dessert</p>
<p>8</p> <p>Columba Day</p> <p>No Lunch Served</p>	<p>9</p> <p>Stuffed pizza Stick Potato Skins with Fixings Broccoli Cheese Sauce Assorted Fruit Selection Milk</p>	<p>10</p> <p>Chicken Tenders Steamed Rice w/ gravy Stewed Tomatoes and Zuchini Assorted Fruit Selection Whole Wheat Bread Milk</p>	<p>11</p> <p>Homemade Chicken Burrito Bean and corn Salsa Sour Cream Spicy Fries Assorted Fruit Selection Milk</p>	<p>12</p> <p>Pizza = 3 Choices Romaine Salad w /salad bar Potato Smiles Assorted Fruit Selection Milk Dessert</p>
<p>15</p> <p>Turkey and Cheese Wrap Or Ham and Cheese Wrap Spinach Baked Chips 4 Bean Salad Assorted Fruit Selection Milk</p>	<p>16</p> <p>French Bread Pizza Baby cakes Green Beans Assorted Fruit Selection Milk</p>	<p>17</p> <p>Turkey Pot w/roll on side or Roast pork Loin w/ Gravy Mashed potato Homemade Whole wheat Rolls Candied Carrots Assorted Fruit Selection Milk</p>	<p>18</p> <p>Steak and Cheese Grinder Garlic Fries Raw Carrots w/ Dip Assorted Fruit Selection Milk</p>	<p>19</p> <p>Pizza = 3 Choices Romaine Salad w /salad bar Baby Cakes Assorted Fruit Selection Milk Dessert</p>
<p>22</p> <p>Meatball Grinder Mozzarella Cheese Sweet Potato Fries Green Beans Assorted Fruit Selection Milk</p>	<p>23</p> <p>Cheese Quesadilla Tostito Chips with cheese Warm Bean s and Salsa Corn Assorted Fruit Selection F Milk</p>	<p>24</p> <p>Chicken Tenders Steamed Rice w/ gravy Cooked Carrots Assorted Fruit Selection Whole Wheat Roll Milk</p>	<p>25</p> <p>Breakfast for Lunch French Toast Scambled Egg Sausage Home Fries Fresh Fruit Fruit Toppings Raw Carrots Milk</p>	<p>26</p> <p>Pizza = 3 Choices Romaine Saladw salad bar Potato Smiles Assorted Fruit Selection Milk Dessert</p>
<p>29</p> <p>Homemade Mac and Cheese Hot Dog Garden Peas Assorted Fruit Selection Milk</p>	<p>30</p> <p>Chicken Alfredo Or Meat Sauce Whole Wheat Rotini Waxed Beans Oatmeal Bread Assorted Fruit Selection Milk</p>	<p>31</p> <p>Pepperoni Pocket Cheese Calzone Marinara Sauce Green Beans Baby Cakes Assorted Fruit Selection Milk</p>	<p>DID YOU KNOW? Halloween is thought to have originated over 4,000 B.C., which means Halloween has been around for over 6,000 years.</p>	

Alternative Line

- Monday:
Pizza Meal
- Tuesday:
Salad and Sandwich Bar
- Wednesday:
Assorted Hot Sandwich Meal
- Thursday:
Salad and Sandwich Bar
- Friday: Managers Choice
- Check the Board on Monday for announcement

School News

BUY YOUR SNACKS

EVERY MORNING
in
CAFETERIA

Between

7:20 and 7:40

