



# Hampshire Regional H.S. November 2012

## 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



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

### Did you know?

Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621.

5  
Homemade Chicken Fajita Wrap  
Stewed tomatoes and Zucchini  
Potato Smiles  
Assorted Fruit Selection  
Milk

6  
Sloppy Joe on w/w bun  
Or  
Pulled Pork on w/w bun  
Sweet potato Fries  
Corn  
Assorted Fruit Selection  
Milk

7  
Chicken Tenders  
Mashed Potato w/ gravy  
Peas and Carrots  
Assorted Fruit Selection  
Oatmeal Bread  
Milk

8  
Pizza = 3 Choices  
Chicken Sandwich  
Romaine Salad w /salad bar  
Hash Brown  
Assorted Fruit Selection  
Milk

9  
No  
School

12  
Veteran's Day  
No  
School

13  
Chicken Parmesan  
Whole Wheat Spaghetti  
With Sauce  
Salad w/ bar  
Whole Wheat Rolls  
Assorted Fruit Selection  
Milk

14  
Chicken Taco  
Or  
Beef Taco  
w/ Bean Salsa  
Spicy Fries  
Corn  
Assorted Fruit Selection  
Milk

15  
Chicken Salad Lettuce  
Wrap w/pretzel stick(s)  
Or  
Grilled Cheese  
Baked Chips  
Pickled Beets  
Fresh veggies  
Assorted Fruit Selection  
Soup & Milk

16  
Pizza = 3 Choices  
Chicken Sandwich  
Romaine Salad w /salad bar  
Baby Cakes  
Assorted Fruit Selection  
Milk

19  
Steak and Cheese  
Grinder  
Pepper Strips  
Let and Tomatoes  
Potato Smiles  
Assorted Fruit Selection  
Milk

20  
Stuffed Crust Pizza  
Romaine Salad w /salad bar  
Baby Cakes  
Assorted Fruit Selection  
Milk

21  
Thanksgiving  
Break  
No Lunch

22  
Thanksgiving  
Break  
No Lunch

23  
Thanksgiving  
Break  
No Lunch

26  
Sweet and Sour Chicken  
over Rice  
or  
Beef Pot Pie  
Peas  
Assorted Fruit Selection  
Milk

27  
Stuffed Mozz Sticks  
Potato Skins  
Broccoli  
Sauce  
Asst Fruit Selection  
Milk

28  
Chicken Tenders  
Mashed Potato w/ gravy  
Orange Candied Carrots  
Assorted Fruit Selection  
Oatmeal Bread  
Milk

29  
Turkey ,Cheeseand  
Spinach Wrap Or  
Ham, Cheese & Spinach  
Baked Chips  
4 Bean Salad  
Assorted Fruit Selection  
Milk

30  
Pizza = 3 Choices  
Chicken Sandwich  
Romaine Salad w /salad bar  
Baby Cakes  
Assorted Fruit Selection  
Milk

