

Hampshire Regional HS

December 2012

Monday	Tuesday	Wednesday	Thursday	Friday
3 Honey Mustard Chicken Sandwich S. potato Bites Oriental Vegetable Assorted Fruit Selection Milk	4 Cheese Quesadilla Tostitos w/ Cheese MexiCorn Assorted Fruit Selection Milk	5 Chicken Fricasee Oer Meatballs WW Rotini Green Beans WW roll Assorted Fruit Selection Milk	6 Pizza = 3 Choices Baby Cakes Romaine Salad w/ bar fixings Assorted Fruit Selection Dessert Milk	7 No Lunch Served
10 Corn Dog Bites Chicken Sandwich Hashbrown Lettuce and Tomatoes Fresh Carrots Assorted Fruit Selection Milk	11 Stuffed Mozz. Sticks Potato Skins Broccoli and Cheese Marinara Sauce Assorted Fruit Selection Milk	12 Chicken Tenders Steamed Rice w/ gravy Yams WW Bread Assorted Fruit Selection Milk	13 Homemade Chix Burrito Spicy Fries Bean Salsa Corn Assorted Fruit Selection Milk	14 Pizza = 3 Choices Baby Cakes Romaine Salad w/ bar fixings Assorted Fruit Selection Dessert Milk Lunch
17 Homemade Chix Flatbread w/ white sauce Smiles Tomatoes and Zuchini Assorted Fruit Selection Milk	18 Lasagne Plain or w/ meatsauce Salad w/ Bar Fixings Italian Bread Assorted Fruit Selection Milk	19 Taco Bar Chicken or Beef Spanish Rice Bean Salsa Assorted Fruit Selection Milk	20 Grilled Cheese Soup Fresh Carrots and Cukes Assorted Fruit Selection Baked Chips Milk	21 Stuffed Crust Pizza Hash Brown Romaine Salad w/ Bar Assorted Fruit Selection Ice Cream Milk
24 No Lunch Served	25 No Lunch Served	26 No Lunch Served	27 No Lunch Served	28 No Lunch Served
31 No Lunch Served	<p><i>Did you know?</i></p> <p>We have all heard that no two snowflakes are alike. Did you know that a scientist took 400,000 to prove it?</p>			

Alternative

- Monday
Pizza Meal
- Tuesday
Deli & Salad Bar
- Wednesday
Hot Sandwich Meal
- Thursday
Deli & Salad Bar
- Friday
Tender wraps
Deli & Salad Bar

School News

BUY YOUR SNACKS

**EVERY MORNING
In
CAFETERIA**

Between

7:20 and 7:40

