

Hampshire Regional HS

January 2013

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

Monday



7
Corn Dog Bites
Chicken Sandwich
Baby Pancakes
Corn on the Cob
Fresh Carrots
Assorted Fruit Selection

Tuesday

1
NO
SCHOOL

8
Stuffed Mozz. Sticks
Potato Skins
Broccoli and Cheese
Marinara Sauce
Assorted Fruit Selection
Milk

Wednesday

2
Chicken Tenders
Steamed Rice
WW Roll
Cooked Carrots
Assorted Fruit Selection
Milk

9
Home made Turkey Gravy
or
Meatloaf
Mashed Potatoes
Candied Yams
WW Bread
Assorted Fruit Selection
Milk

Thursday

3
WW Pancakes w/ sausage
or
English Muffin Bfst
Sandwich
Hashbrown
Assorted Fruit Selection
Milk

10
Cheese Quesadilla
Tostitos w/ Cheese
MexiCorn
Bean Dip
Assorted Fruit Selection
Milk

Friday

4
Pizza = 3 Choices
Potato Smiles
Romaine Salad
w/ bar fixings
Assorted Fruit Selection
Milk
Pudding

11
Pizza = 3 Choices
Hash Browns
Romaine Salad
w/ bar fixings
Assorted Fruit Selection
Milk
Dessert

14
Coldcut Grinder
Or
Chicken Salad lettuce
Wrap
Potato Wedges
Lettuce, Tomatoes
Sliced Pickles
Assorted Fruit Selection
Milk

15
Pepperoni Pocket
Or
Cheese Calzone
Marinara Sauce
Seasoned Green Beans
Assorted Fruit Selection
Milk

16
Chicken Tenders
Steamed Rice
WW Roll
Beets
Assorted Fruit Selection
Milk

17
Grilled Cheese
Soup
3 Bean Salad
Baked Chips
Pickles
Assorted Fruit Selection
Milk

18
Pizza = 3 Choices
Potato Smiles
Romaine Salad
w/ bar fixings
Assorted Fruit Selection
Milk
Dessert

21
NO
SCHOOL

22
Popcorn Chicken w/
Zesty Orange Sauce
Steamed Rice
Oriental Vegetable
Pineapple
Fortune Cookies
Milk

23
Taco Bar
Beef or Chicken
Bean Salsa
Spicy Fries
Assorted Fruit Selection
Milk

24
Stuffed Crust Pizza
Chicken Sandwich
Hash Brown
Romaine Salad
w/ Bar Fixings
Assorted Fruit Selection
Milk

25
NO
SCHOOL

28
Meatball Grinder
Or
Chicken Sandwich
Baby Cakes
Waxed Beans
Assorted Fruit Selection
Milk

29
BBQ'd Chicken wedges
Oven Fries
Corn
Assorted Fruit Selection
Milk

30
Chicken Tenders
Steamed Rice
WW Roll
Candied Carrots
Assorted Fruit Selection
Milk

31
Steak and Cheese
Grinders
Hash Brown
Lettuce and Tomatoes
Peppers and Onions
Pickle Spears
Assorted Fruit Selection
Milk

Did you know?

**Average
snowflakes fall
at 3.1 mph.**

