LUNCH

January 2022

Shrewsbury High School

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheese Burger or Gardenburger with Corn Ham and Cheese Sub on a Roll Brunch Bag Tri Bean Salad Pasta Salad Fruits	4 Mozzarella Sticks w/Marinara Sauce Chicken Patty Sandwich Potato Salad Carrot Sticks and Hummus Caesar Salad Fruits	5 Monti's Pizza and Mixed Vegetables Turkey and Cheese on Wheat Brunch Bag Tossed Salad Pasta Salad Fruits	6 Nachos Beef or Vegetarian Toasted Italian Sandwich Brunch Bag Potato Salad Garden Salad Fruits	7 Chicken Parmesan Sub/Garden Parmesan Sub and Green Beans Tuna Melt and Baked Fries Brunch Bag Tossed Salad Pasta Salad Fruits
10 Meat Ball Sub w/Melted Cheese and Corn Grilled Cheese Brunch Bag Macaroni Salad Caesar Salad Fruits	11 Bowl of Chili(Meat or Vegetarian) w Chips Turkey BLT Croissant Brunch Bag Pasta Salad Garden Salad Fruits	12 Monti's Pizza and Steamed Broccoli Pulled Pork Sandwich Brunch Bag Tri Bean Salad Potato Salad Fruits	13 Caesar Salad(Chicken or Vegetarian) w/Roll Popcorn Chicken Bowl Brunch Bag Potato Salad Carrot Sticks and Hummus Fruits	14 Pasta w/ Meat or Marinara Sauce ,Roll and Green Beans Chicken Salad Croissant w/Fries Brunch Bag Tossed Salad Pasta Salad Fruits
17 No School MLK Day	18 Cheese Burger or Gardenburger with Corn Ham and Cheese Sub on a Roll Brunch Bag Tri Bean Salad Pasta Salad Fruits	19 Monti's Pizza and Steamed Broccoli Chicken Patty Sandwich Brunch Bag Carrot Sticks and Dip Potato Salad Fruits	20 Taco Salad- Beef or Vegetarian Toasted Italian Sandwich Brunch Bag Pasta Salad Garden Salad Fruits	21 Chicken Parmesan Sub/Garden Parmesan Sub and Green Beans Tuna Melt and Sweet Potato Baked Fries Brunch Bag Tossed Salad Pasta Salad Fruits

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24 Meat Ball Sub w/Melted Cheese and Corn Grilled Cheese Brunch Bag Macaroni Salad Caesar Salad Fruits	25 Pasta w /Meat or Marinara Sauce ,Green Beans and Roll Turkey and Cheese Roll Up Brunch Bag Potato Salad Celery Sticks and Hummus Fruits	26 Monti's Pizza and Mixed Vegetables Toasted Ham and Cheese on Wheat Brunch Bag Tossed Salad Pasta Salad Fruits	27 Caesar Salad(Chicken or Vegetarian) w/Roll Buffalo Chicken Patty Sandwich Brunch Bag Potato Salad Carrot Sticks and Dip Fruits	28 Nachos Beef or Vegetarian Tuna Melt w/Baked Fries Brunch Bag Caesar Salad Broccoli Salad Fruits
31 Cheese Burger or Gardenburger with Corn Ham and Cheese Sub on a Roll Brunch Bag Tri Bean Salad Pasta Salad Fruits				
Please call the Cafeteria Manager at your child's school if you have questions about food ingredients or allergens. **Menus are subject to change.**		Brunch Bag Include: A Grain: Bagel, Muffin or Cereal, Milk, Fruit and Protein: Yogurt , Cheese or Hard Boiled Egg All Lunches Include: Protein ,Grain ,Milk, Fruit and Vegetable Components		***Meals are free for all students through June 30,2022***

USDA is an equal opportunity provider and employer