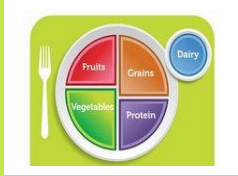


Meal Deal

Nutritious Meals at a Great Price!

\$2.80







Meal includes Entrée, Vegetable, Fruit, Bread and Milk

Look for the **Meal Deal** logo at each station.

**** See pre-paid lunch information below! ****

Milk Choices: 1% White, 1% Chocolate, Skim

MENUS SUBJECT TO CHANGE WITHOUT NOTICE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Fare  \$2.80		Chicken Pattie Whole Wheat Roll Three Bean Salad Pineapple Tidbits Milk	Meatball Grinder Sub Roll Garden Salad Fresh Apple Milk	Hamburger Pattie Lettuce & Tomato Whole Wheat Roll Steamed Carrots Sliced Peaches Milk	Fish Filet Whole Wheat Roll Coleslaw Tartar Sauce Assorted Fruit Milk
Salad Bar  \$2.80		Grilled Chicken Assorted Vegetables Whole Wheat Roll Pineapple Tidbits Milk	Spicy Chicken Assorted Vegetables Whole Wheat Roll Fresh Apple Milk	Grilled Chicken Assorted Vegetables Whole Wheat Roll Sliced Peaches Milk	Tuna Salad Assorted Vegetables Whole Wheat Roll Assorted Fruit Milk
Pizza +  \$2.80		Stuffed Crust Pizza Garden Salad Pineapple Tidbits Milk	Stuffed Crust Pizza Garden Salad Fresh Apple Milk	Stuffed Crust Pizza Garden Salad Sliced Peaches Milk	Stuffed Crust Pizza Garden Salad Assorted Desserts Milk
Deli Station  \$2.80		Ham & Cheese Lettuce & Tomato Whole Wheat Bread Pineapple Tidbits Milk	Chicken Salad Lettuce & Tomato Whole Wheat Bread Fresh Apple Milk	Turkey & Cheese Lettuce & Tomato Whole Wheat Bread Sliced Peaches Milk	Tuna Salad Lettuce & Tomato Whole Wheat Bread Assorted Desserts Milk

* **Pre-paid Lunch:** Be assured that your student receives a balanced lunch every day. Look for the **Meal Deal** logo on the serving line. To purchase tickets, send a self-addressed, stamped envelope to: Northwestern Regional School, 100 Battistoni Dr., Winsted, CT 06098 Attention: School Lunch Program along with your check (blue or black ink only) made payable to: REGIONAL SCHOOL DISTRICT NO. 7. Paid ticket options: \$28.00 for 10 meals; \$56.00 for 20 meals. Tickets will be mailed to you. Tickets may also be purchased in the cafeteria from 7:30 – 10:00 am.

A La Carte Menu

Grill

Mon. Mozzarella Sticks
Tues. Grilled Chicken
Wed. Bacon Cheeseburger
Thurs. Spicy Chicken
Fri. Colossal Cheeseburger
 Served Daily: Hamburgers & Cheeseburger Combos

Deli Specials on Bread or Roll

Mon. Turkey & Cheese
Tues. Ham & Cheese
Wed. Chicken Salad
Thurs. Turkey & Cheese
Fri. Tuna Salad
 Served Daily: Turkey, Ham, Tuna, Cheese on Wraps, Breads & Rolls

Pizza +

Mon. Bosco
Tues. Turkey BLT
Wed. Rice Bowl
Thurs. Spicy Chicken Wrap
Fri. Tony's Pizza
 Served Daily: Pizza by the Slice