



# High School Lunch Menu

## June 2017

Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
<b>Lunch</b> No School  Memorial Day!	<b>Lunch</b> Sloppy Joe's or Honey Lemon Chicken over Rice Garden Salad Assorted Fruit	<b>Lunch</b> Cheeseburger or Chicken Burger w/lettuce, tomato & pickle on Whole Wheat roll Baked Fries Mixed Fruit	<b>Lunch</b> <u><b>DELI BAR</b></u> Turkey, Ham or Roast Beef Provolone, Swiss or American Cheese Lettuce, Tomatoes, Jalapenos, Banana Peppers, Onions, Peppers Italian Dressing or Seasoned Oil Celery Sticks w/ Peanut Butter Strawberry Cups	<b>Lunch</b> <u><b>SOUP &amp; SANDWICH</b></u> BBQ Chicken Panini Baby Carrots w/ Lt. Ranch Dressing Diced Peaches  <u><b>HOMEMADE</b></u> Cheesy Vegetable Soup
 <b><u>COME TRY OUR SALAD BAR!</u></b> - FRESH VEGGIES - LEAN PROTEIN - WIDE VARIETY of HEALTHY OPTIONS! 				
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
<b>Lunch</b> Roasted BBQ Chicken or Open Faced Hot Turkey Sandwich w/ Stuffing & Gravy Glazed Carrots Applesauce	<b>Lunch</b> Frito Pie or Toasted Ham & Cheese Sandwich Refried Beans Pears	<b>Lunch</b> Cheeseburger or Chicken Burger w/lettuce, tomato & pickle on Whole Wheat roll Baked Fries Mandarin Oranges	<b>Lunch</b> <u><b>Pasta Bar</b></u> <u><b>Choice of:</b></u> Cheese Ravioli Rotini Chicken Alfredo Meat Sauce Garden Salad Assorted Fruit	<b>Lunch</b> <u><b>SOUP &amp; SANDWICH</b></u> Monte Cristo's Cucumber's w/ Lt. Ranch Dressing Pineapple <u><b>HOMEMADE</b></u> Soup of the Day!

### DAILY OFFERINGS

#### Breakfast: \$1.75

- Assorted Cereals:
- Multi-Grain Cheerios
- Whole Grain Rice Krispies
- Reduced Sugar Cinnamon  
Toast Crunch
- Honey Nut Cheerios
- Yogurt Parfaits
- Cheese Stick
- Fruit
- Assorted Breakfast Pastry
- Assorted Breakfast  
Sandwiches
- Juice/Milk



#### Lunch: \$3.25

- Fresh Specialty Salads &  
Assorted Wraps
- includes fruit and milk
- Homemade Pizza Made Daily!

USDA and this institution is an equal opportunity provider and employer.

Menu subject to change

For Questions Please Contact:  
 Michelle Parker, Manager  
 Juli Lehne, Bookkeeper  
 603-436-4185

Students eligible for Reduced Meals may purchase lunch for 40¢ and receive free breakfast!

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
<b>Lunch</b> Manager's Choice	<b>Lunch</b> Manager's Choice	<b>Lunch</b> Manager's Choice	<b>Lunch</b> Manager's Choice	<b>Lunch</b> Manager's Choice
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
<b>Lunch</b> Manager's Choice	<b>Lunch</b> Manager's Choice	<b>Lunch</b> Manager's Choice	<b>Lunch</b> <b>LAST DAY OF SCHOOL</b> <b>ENJOY YOUR SUMMER!</b>	

FRESH SPECIALTY SALADS, ASSORTED WRAPS & HOMEMADE PIZZA MADE DAILY  
INCLUDES A FRUIT OR VEGETABLE & MILK



**MySchoolBucks.com** gives parents a fast, easy and secure way to add money to your children's school meal accounts (using a credit, debit card or PayPal account), check your children's current school meal account balances and monitor what items your children have been purchasing at school if you have questions, contact Deborah Riso 436-0443 or Karley Lapierre at 610-4474.

**DO YOU QUALIFY FOR FREE OR REDUCED LUNCH?**

The Portsmouth School Nutrition Program offers healthy meals every school day. **Your child(ren) may qualify for free or reduced priced meals. Applications will be sent home during the first week of school,** or are available to download on the web site.

**Who can get free meals?** Children in households getting food stamps or TANF can get free meals regardless of your income. Also, your children can get free price meals if your household income is within the free limits on the Federal Income Guidelines.

**Who can get reduced price meals?** Your children can get low cost meals if your household income is within the reduced price limits on the Federal Income Chart, shown on the application.

**If I don't qualify now, may I apply later?** Yes. You may apply at any time during the school year if your household size goes up, income goes down, you lose your job or if you start getting Food Stamps, TANF or other benefits.