

GROTON-DUNSTABLE REGIONAL HIGH SCHOOL

LUNCH MENU FOR OCTOBER 2009

PREMIUM LUNCH BEGINS THIS MONTH

MORNING BREAK OFFERINGS

Some of the choices available are as follows:

- Fresh or chilled fruit
- Assorted cereals
- Bagels with cream cheese or Promise spread
- Assorted yogurts
- Variety of muffins or breakfast breads
- Hot Breakfast sandwiches
- Choice of milk and/or juice

FROM the KITCHEN

Hot entrée of the day (will be posted each day in the cafeteria)

HOT and COLD SANDWICHES (with assorted breads / wraps)

Variety may include:

- Tuna salad
- Chicken salad
- Egg salad
- PB & J
- Turkey Club
- Spicy chicken patty
- Grilled chicken patty
- Hamburger or Cheeseburger



PIZZA COUNTER

Variety may include:

- Stuffed crust
- Bagel pizza
- Whole grain pizza
- Individual round pizza



SALAD CHOICES

Variety may include:

- Caesar salad
- Grilled chicken salad
- Tuna salad
- Garden salad

FRUIT, VEGETABLE, and MILK Choice served with all of the above lunches

STUDENT LUNCH is \$2.75

A La CARTE available

Vegetarian Options available

Menu subject to change without notice