




High School Menu December 2022

Arlington Food and Nutrition Services

			THURSDAY 1	FRIDAY 2	Daily Alternates may include: Grab & go salads and sandwiches Assorted pasta selections Pizza Choices Assorted hot items Veggie and hummus plates Bagel lunches Come see what else we have! Assorted fresh, chilled, and dried fruit as well as a mix of fresh cut veggies available daily - find your favorites! All meals come with a choice of milk. Harvest of the Month 
			Baked breaded chicken drumstick, dinner roll Creamy mashed potatoes Assorted fruit & veggies	Assorted vegetable or meat flatbread pizzas with meat or veggie toppings Assorted fruit & veggies	
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	
Crispy chicken filet sandwich Lettuce, tomato & pickles Sweet potato wedges Assorted fruit & veggies	Sausage, peppers and onion sub Crispy onion rings Fresh veggie pasta salad Assorted fruit & veggies	Penne & all beef meatballs, Warm cheesy breadstick Assorted fruit & veggies	Tex-Mex soft tacos, Spanish rice & black beans, salsa, cheese, lettuce & tomato Assorted fruit & veggies	Baked, breaded mozzarella sticks Marinara dipping sauce, honey wheat dinner roll Assorted fruit & veggies	
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	
Chicken & veggie burrito bowl, rice Tortilla chips Black bean tomato & corn salad Assorted fruit & veggies	Hot and toasty grilled cheese Soup Choices Assorted fruit & veggies	Mini cheese ravioli marinara Fresh French bread Zucchini marinara Assorted fruit & veggies	Beef & bean or vegetarian bean chili corn muffin Assorted toppings Assorted fruit & veggies	Choice of fresh baked pizza with meat or veggie toppings Assorted fruit & veggies	
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	Have a safe and relaxing break! (781) 316-3641/3643 schoollunch@arlington.k12.ma.us
Spicy chicken wings oven baked fries Creamy Cole slaw Assorted fruit & veggies	Classic cheeseburger, black bean burger, lettuce & tomato Seasoned wedges Assorted fruit & veggies	Chicken, broccoli and ziti alfredo Roasted veggies Garlic Texas toast Assorted fruit & veggies	Meatball sub with sauce and cheese, Carrot and raisin salad Assorted fruit & veggies	Jumbo Pretzels, honey mustard cup, yogurt & cheese sticks or assorted pizza Assorted fruit & veggies	

"This institution is an equal opportunity provider"