

Waltham High School Menu




Waltham School Nutrition
Feeding Hungry Minds



Meal Pricing
Lunch Full Price \$2.25 Breakfast Full Price \$1.00
Lunch Reduced \$.40 Breakfast Reduced \$.40

Pre-Pay Online
Myschoolbucks.com

Pay by cash or check (WPS Food Service) at school



Breakfast Served Daily!

JANUARY 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| <p>FOLLOW US ON: Find us on  Facebook Follow us on  Instagram Follow us on  Twitter</p> |  | <p>2 Soup & Sandwich Grilled Cheese Panini Chicken Noodle Soup Cape Cod Potato chips Baby Carrots w/Ranch Assorted Fruit Cups Fresh Fruit Variety</p> | <p>3 Mini Pot Pies Mini Chicken Pot Pies Whipped Potatoes Side of Butternut Squash Whole Grain Roll Assorted Fruit Cups Fresh Fruit Variety</p> | <p>4 Parfait Day! Belgian Waffle Sticks Bacon & Cheese EGG- Stravaganza Very Berry Parfaits Potato Hash Mash Fresh Fruit Variety</p> |
| <p>7 Wings of Fire  Buffalo Wings of Fire Seasoned Fries Honey Wheat Roll Carrots & Celery Sticks Side of Sauce Dippers Fresh Fruit Variety</p> | <p>8 Mama Mia's Italian Style Meatballs Tomato Basil Penne Pasta Twisted Garlic Bread Fresh Garden Side Salad Fresh Berry Cup</p> | <p>9 Cha.. Cha...Cha Crispy Chicken Tenders Creamy Mashed Potatoes Sweet Corn & Carrots Buttermilk Biscuit Assorted Fruit Cups Fresh Fruit Variety</p> | <p>10 The North End Alfredo Chicken & Broccoli Pasta Fresh Caesar Salad Fantini Italian Bread Assorted Fruit Cups Fresh Fruit Variety</p> | <p>11 Red Dragon Bowl General Tso Chicken Asian Stir Fried Rice Sesame Vegetables Assorted Fruit Cups Fresh Fruit Variety *Fortune Cookie*</p> |
| <p>14 Dip IT Up! Mozzarella Sticks Side of Marinara Sauce Sweet Golden Corn Chop Chop House Salad Assorted Fruit Cups Fresh Fruit Variety</p> | <p>15 The Big Burrito Fiesta Chicken Burrito Corn, Black Beans & Cilantro Lime Rice Lettuce, Tomato, Cheese Salsa & Sour Cream Fresh Fruit Variety</p> | <p>16 Baked Potato Bar ~ Build Your Own ~ Fresh Baked Potato Cheese, Bacon, Chili Fire Roasted Broccoli Sweet & Salty Cornbread Fresh Fruit Variety</p> | <p>17 Turkey TIME! Roasted Turkey Dinner Mashed Potatoes & Gravy, Garlic Herb Butternut Squash Fresh Honey Wheat Roll Fresh Fruit Variety</p> | <p>18 EARLY RELEASE French Toast Sticks Cheesy Scrambled Eggs Sausage & Hash Browns Tropical Fruit Salad Assorted Fruit Cups Fresh Fruit Variety</p> |
| <p>NO SCHOOL We accept Applications all school year. Please apply online at: </p> | <p>22 Little Italy Zesty Baked Ziti Garden Peas & Carrots Fresh Caesar Salad Garlic Parmesan Bread Assorted Fruit Cups Fresh Fruit Variety</p> | <p>23 Ole Ole Ole !!! Chicken Ranch & Cheese Quesadilla's Sour Cream & Salsa Spicy Spanish Rice Black Beans & Corn Salad Fresh Fruit Variety</p> | <p>24 Everyone's Favorite Macaroni & Cheese Lemon Zest Broccoli Fresh Baked Roll Assorted Fruit Cups Fresh Fruit Variety *Carnival Sugar Cookie*</p> | <p>25 Pizza Pizza Party! All.The.Flat Bread Pizza's Cheese, Pepperoni, Veggie and more! Garden Side Salad Tropical Fruit Salad Fresh Fruit Variety</p> |
| <p>28 The Sub Shop Meatball & Mozzarella Sub Sandwich Crispy French Fries Greek Inspired Salad Assorted Fruit Cups Fresh Fruit Variety</p> | <p>29 Winter in Paradise Jamaican Jerk Bowl Coconut Infused Rice Pineapple Mango Salsa Roasted Plantains & Yucca Fries Fresh Fruit Variety</p> | <p>30 Chicken & Waffles Crispy Chicken Tenders Cinnamon Maple Waffles Sweet Strawberry Sauce Mini Hash Brown Bites Assorted Fruit Cups Fresh Fruit Variety</p> | <p>31 Memphis BBQ Sweet & Savory BBQ Pulled Pork Sliders Hash Brown Casserole Kicked up!!! Cole Slaw Assorted Fruit Cups Fresh Fruit Variety</p> |  |

ENTREES AVAILABLE DAILY

Hot off the Grill: Crispy Chicken Sandwich, Cheeseburger, Hot Dog or Specialty Sub served with Crispy French Fries

Little Italy Pizza Station: Made from Scratch Cheese, Pepperoni, Specialty Slices & Calzones served with Fresh Garden Side Salad

Mesa Grill Mexican Station: Nacho's & Burrito's served with Mexi-Beef or Chicken served with Full Toppings Bar

Grab-N-Go Entrées: Variety of Cold Sandwiches, Entrée Salads, Yogurt Parfaits and Smoothie Meals

Hawk's Deli: Full Service Deli Bar with Made to Order Hot & Cold Sandwiches served with Baked Chips

Build Your Own Parfait Bar: Assorted Yogurt flavors served with a variety of Fresh Fruit Toppings

Soaring Dragon Asian Bar: General Tso, Tangerine & Teriyakis Chicken with Whole Grain rice or Low Mein Noodles & Asian Veggies

Fresh Fruit & Veggie Bars: Assorted Fresh Salads, Fresh Cut Fruit & Veggies
Choice of Assorted Cupped Fruit, Whole Fresh Fruit, Baby Carrots, Veggie Dippers, Bean Salad, 100% Juice and Milk Variety

~Menu subject to change ~ Equal Opportunity Provider~