

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!

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FOLLOW US AT:  Find us on Facebook  Follow us on Instagram  Follow us on Twitter</p>	<p>We accept Applications all school year. Please apply online at:  www.heartlandapps.com</p>	<p>   Mass Audubon Drumlin Farm Wildlife Sanctuary</p>		<p>1 Pizza Pizza Party! Flat Bread Pizza Cheese ~ Pepperoni Veggie and more! Garden Side Salad Tropical Fruit Salad Fresh Fruit Variety</p>
<p>4 Wings of Fire Buffalo Wings of Fire Sidewinder French Fries Honey Wheat Roll Carrots & Celery Sticks Side of Sauce Dippers Fresh Fruit Variety</p>	<p>5 Baked to Perfection Chicken Parmesan Tomato Basil Pasta Herb Green Beans Twisted Garlic Bread Assorted Fruit Cups Fresh Fruit Variety</p>	<p>6 Chicken Dinner Herb Roasted Chicken Creamy Mashed Potatoes Sweet Corn & Carrots Buttermilk Biscuit Assorted Fruit Cups Fresh Fruit Variety</p>	<p>7 The North End Alfredo Chicken & Broccoli Pasta Fresh Caesar Salad Fantini Italian Bread Assorted Fruit Cups Fresh Fruit Variety</p>	<p>8 Red Dragon Bowl General Tso Chicken Asian Stir Fried Rice Sesame Vegetables Assorted Fruit Cups Fresh Fruit Variety *Fortune Cookie*</p>
<p>11 Dip IT Up! Mozzarella Sticks Side of Marinara Sauce Sweet Golden Corn Chop Chop House Salad Assorted Fruit Cups Fresh Fruit Variety</p>	<p>12 Fiesta Mexicana Fiesta Chicken Quesadilla Corn, Black Beans & Cilantro Lime Rice Lettuce, Tomato, Cheese Salsa & Sour Cream Fresh Fruit Variety</p>	<p>13 Baked Potato Bar ~ Build Your Own ~ Fresh Baked Potato Cheese, Bacon, Chili Fire Roasted Broccoli Sweet & Salty Cornbread Fresh Fruit Variety</p>	<p>14 Turkey TIME!!!! Roasted Turkey Dinner Mashed Potatoes & Gravy, Garlic Herb Butternut Squash Fresh Honey Wheat Roll xo Very Berry Trifle xo</p>	<p>15 Huevos Rancheros Mexi ~Cheese & Bacon Eggstravagana Soft Tortillas or Chips Fresh Pico, Cheese Guacamole & Sour Cream Fresh Fruit Variety</p>

Try Me!



Winter Break

<p>25 Chicken & Waffles Crispy Chicken Tenders Cinnamon Waffles Strawberry Sauce Mini Hash Brown Bites Tropical Fruit Salad Fresh Fruit Variety</p>	<p>26 Street Taco's ~Build Your Own~ Shredded Pork Carnita's Soft Tortillas, Rice & Beans, Salsa Verde Cheese & Sour Cream Fresh Fruit Variety</p>	<p>27 Little Italy Zesty Baked Ziti Garden Peas & Carrots Fresh Caesar Salad Garlic Parmesan Bread Assorted Fruit Cups Fresh Fruit Variety</p>	<p>28 Waltham's Own Crusty Cuban Sandwich Pork, Cheese, Pickles & Special Mustard Sauce Red Roasted Potatoes Kicked up!!! Cole Slaw Assorted Fruit Cups</p>	<p>1 Everyone's Favorite Macaroni & Cheese Lemon Zest Broccoli Sweet & Salty Cornbread Assorted Fruit Cups Fresh Fruit Variety *M&M Sugar Cookie*</p>
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ENTREES & SIDES 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~