

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>1) Spicy Chicken Flatbread 2) Ham & Cheese Sandwich 3) Entrée Salad of the Day "V"</p>	<p>2</p> <p>1) Muchos Nachos "V" 2) Vegetarian Grab and Go "V" 3) Entrée Salad of the Day "V"</p>	<p>3</p> <p>Remote Learning</p>	<p>4</p> <p>1) Spicy Chicken Flatbread 2) Ham & Cheese Sandwich 3) Entrée Salad of the Day "V"</p>	<p>5</p> <p>1) Muchos Nachos "V" 2) Vegetarian Grab and Go "V" 3) Entrée Salad of the Day "V"</p>
<p>8</p> <p>1) Pulled Pork Sandwich 2) Egg & Cheese Croissant Sandwich "V" 3) Entrée Salad of the Day "V"</p>	<p>9</p> <p>1) Pizza Party "V" 2) Grilled Chicken and Rice or Grilled Chicken Sandwich 3) Entrée Salad of the Day "V"</p>	<p>10</p> <p>Remote Learning</p>	<p>11</p> <p>1) Pulled Pork Sandwich 2) Egg & Cheese Croissant Sandwich "V" 3) Entrée Salad of the Day "V"</p>	<p>12</p> <p>1) Pizza Party "V" 2) Grilled Chicken and Rice Or Grilled Chicken Sandwich 3) Entrée Salad of the Day "V"</p>
<p>15</p> <p>1) Hamburger or Cheeseburger 2) Vegetarian Grab and Go "V" 3) Entrée Salad of the Day "V"</p>	<p>16</p> <p>1) Mac and Cheese "V" 2) Turkey and Cheese Sandwich 3) Entrée Salad of the Day "V"</p>	<p>17</p> <p>Remote Learning</p>	<p>18</p> <p>1) Hamburger or Cheeseburger 2) Vegetarian Grab and Go "V" 3) Entrée Salad of the Day "V"</p>	<p>19 Early release after lunch</p> <p>1) Mac and Cheese "V" 2) Turkey and Cheese Sandwich 3) Entrée Salad of the Day "V"</p>
<p>22</p> <p>1) Creole Fish Sandwich 2) Chicken Ranch Wrap 3) Entrée Salad of the Day "V"</p>	<p>23</p> <p>1) Grilled Cheese and Tomato Soup "V" 2) Italian Sub 3) Entrée Salad of the Day "V"</p>	<p>24</p> <p>Remote Learning</p>	<p>25</p> <p>1) Creole Fish Sandwich 2) Chicken Ranch Wrap 3) Entrée Salad of the Day "V"</p>	<p>26</p> <p>1) Grilled Cheese and Tomato Soup "V" 2) Italian Sub 3) Entrée Salad of the Day "V"</p>
<p>29</p> <p>1) Spaghetti and Meatballs "V" 2) Buffalo Chicken Sandwich 3) Entrée Salad of the Day "V"</p>	<p>30</p> <p>1) French Toast Sticks Hashbrown, Sausage "V" 2) Italian Sub 3) Entrée Salad of the Day "V"</p>	<p>31</p> <p>Remote Learning</p>	<p>PLEASE NOTE: If you have a food allergy please contact the Nutrition Services Department before purchasing a meal "V" is or can be made vegetarian</p>	<p>Questions or Comments? Contact Lisa Beaudin, Director of Nutrition Services (508) 881-0165 lbeaudin@ashland.k12.ma.us</p>

ALL MEALS ARE FREE THIS SCHOOL YEAR!

If you bring a meal from home we can also supplement with milk, grain and fruit for free.

If you need meals for remote days please visit our website to sign up

<http://www.ashland.k12.ma.us/nutrition-services>

This Institution is an Equal Opportunity Employer

Menu subject to change without notice