

# Bridgewater-Raynham Regional High School Lunch Menu

## August/September, 2010

If you have any questions, phone or e-mail the Food Service Director: Eric DeLisle @ 508-279-3405, [brfoodservice@bridge-rayn.org](mailto:brfoodservice@bridge-rayn.org)  
 Make Payments to and access **student accounts on-line** at [www.mealpayplus.com](http://www.mealpayplus.com). Get Student ID # in café or call/e-mail Eric above.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Student Meals: \$2.50</b> <b>Adult Meals: \$3.00</b> Meals always include Milk, Vegetable, Salad, Fresh and/or Canned Fruit</p> <p><i>Origins</i></p> <p><b>Now Served Daily</b> Baked Chicken Nuggets 🍷 Baked Potato Wedges or Baked Fries Seasoned Vegetable Fresh Apple or Orange</p>  <p><b>Massachusetts Harvest for Students Week</b> <b>Sept 27 to Oct 1</b></p> <p>Our "Total Harvest Commitment" Means we're Serving Fruits and Vegetables that were Grown Locally all Season</p> <p><b>We're Supporting the American Family Farm, Reducing our Carbon Footprint &amp; Giving Back to Local Communities</b></p>	August 30 <b>On-Line Access to Student Accounts Now Available.</b> <a href="http://www.mealpayplus.com">www.mealpayplus.com</a> For Student ID # e-mail <a href="mailto:brfoodservice@bridge-rayn.org">brfoodservice@bridge-rayn.org</a> .	August 31 Meatball Submarine on a Sub Roll Shredded Cheese Oven Baked Fries Seasoned Green Beans	September 1 🍷 BALANCED CHOICES MEAL: Pasta w/ Italian Meat Sauce Breadstick Seasoned Peas and Carrots Fresh Apple	September 2 Baked Chicken Nuggets 🍷 Mashed Potatoes Gravy, Corn Dinner Roll 🍷	September 3/No School  <b>Local Produce Served Daily</b> Apples, Cucumbers, Tomatoes, Green Peppers
	September 6	September 7	September 8 🍷	September 9	September 10
	<b>Labor Day</b>  <b>No School</b>	Twin Soft Tacos w/ Mexican Meat & Cheese Shredded Lettuce Diced Tomatoes White Rice	BALANCED CHOICES MEAL: Chicken Parmesan 🍷 over Seasoned Pasta Seasoned Peas Fresh Orange	Baked Chicken Nuggets 🍷 Mashed Potatoes Gravy, Corn Dinner Roll 🍷	Warm Crispy Ranch Chicken Salad Dinner Roll 🍷 Fresh Orange
	September 13 🍷	September 14/No School	September 15 🍷	September 16	September 17
	BALANCED CHOICES MEAL: Philly Cheese Steak Submarine on a Sub Roll Peppers & Onions Potato Wedges Fresh Apple	 Look for Locally Grown Peaches, Green Beans, and Corn on the Cobb <b>Sept 27-Oct 1</b>	BALANCED CHOICES MEAL: Spaghetti & Meatballs Fresh Salad w/ Light Dressing Fresh Orange	Baked Chicken Nuggets 🍷 Mashed Potatoes Gravy, Corn Dinner Roll 🍷	Fajita Chicken Submarine on a Sub Roll 🍷 Peppers & Onions Oven Baked Fries
	September 20	September 21 🍷	September 22	September 23	September 24
	Popcorn Chicken Bowl Mashed Potatoes Corn Gravy Shredded Cheese	BALANCED CHOICES MEAL: Nachos w/ Mexican Meat & Cheese Sauce White Rice Lettuce & Tomatoes Black Beans Banana	Pasta with Sausage & Italian Tomato Sauce Mushrooms & Peas Dinner Roll 🍷	Baked Chicken Nuggets 🍷 Mashed Potatoes Gravy, Corn Dinner Roll 🍷	Wicked Hot Grilled Buffalo Chicken on a Bulkie Roll Lettuce and Tomato Potato Wedges Seasoned Green Beans
	September 27	September 28 🍷	September 29 🍷	September 30	October 1 🍷
	Beef & Bean Chili Shredded Cheddar Cheese Potato Wedges Dinner Roll 🍷 Local Peaches	BALANCED CHOICES MEAL: Chicken & Cheese Quesadilla Fiesta Rice Locally Grown Green Beans Fresh Orange	BALANCED CHOICES MEAL: Meaty Marinara w/ Barilla Plus Penne Pasta Seasoned Peas Banana	Baked Chicken Nuggets 🍷 Mashed Potatoes Locally Grown Corn on Cobb Dinner Roll 🍷 Local Peaches	BALANCED CHOICES MEAL: Buffalo Chicken Wrap Baked Potato Wedges Fresh Orange
	 Italian specialties	<b>Regular Daily Alternates: Fresh Baked Cheese and Pepperoni Pizza, Served with Tossed Salad</b> <b>Daily Specials May Include:</b> <b>Mondays:</b> Cheese Steak Pizza 🍷 <b>Tuesdays:</b> Ham + Cheese Stromboli w/ Pizza Dipping Sauce <b>Wednesdays:</b> Sausage Pizza 🍷 <b>Thursdays:</b> 🍷 Buffalo Chicken Pizza/Tossed Salad/Banana 🍷 <b>Fridays:</b> Greek Pizza 🍷			
	<b>Regular Daily Alternates: Hamburgers, Cheeseburgers, Chicken Patty 🍷 on Bun, Served with Salad or Vegetable</b> <b>Daily Specials May Include:</b> <b>Mondays:</b> Chicken Parmesan 🍷 on a Bun <b>Tuesdays:</b> BBQ Rib on a Bun <b>Wednesdays:</b> Buffalo Chicken Patty 🍷 on a Bun <b>Thursdays:</b> Double Cheeseburger on a Bun <b>Fridays:</b> Breaded Fish on a Bun				
	Assorted pre-packaged salads served with saltines: <b>Fresh Salad with Chicken and Greek Salad Daily</b> <b>Daily Specials may include the following: Mondays:</b> Chef Salad <b>Tuesdays:</b> Garden Salad w/ Cheese <b>Wednesday:</b> Tuna Salad over Fresh Greens <b>Thursdays:</b> Chef Salad <b>Fridays:</b> Buffalo Chicken Salad				
	Freshly prepared sandwiches with assorted deli meats, salads & cheese prepared on selected breads, rolls and wraps with accompaniments: lettuce, tomatoes, onions and pickles  <b>Balanced Choice Special Daily:</b> Tuna Salad Wrap/Peaches/Apple				

*Unless otherwise indicated, all meals are served with a choice of milk (1% low fat or low fat flavored) and fruit (fresh or canned.) Menus Subject to Change.*