

Diman Reg. Voc. Tech. High School




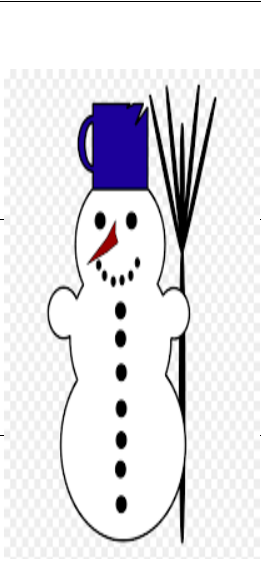
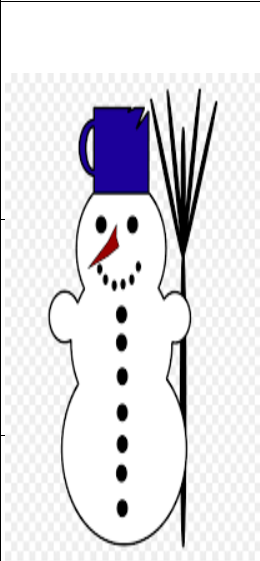



School Lunch Menu

JANUARY 2023

MEALS ARE FREE FOR ALL STUDENTS



Breakfast Served Daily:
 Hot and Cold Breakfast Entrée Selections
 Fruit, Juice and Milk
Alternate Lunch:
 Salads, Wraps, Pizza, Hot Sandwiches
 PBJ or Fluffernutter Sandwich
Fresh and Canned Fruit Served Daily

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		3 Hot Dog on a Roll Baked Beans Bag of Chips Fruit & Milk	4 Chicken Nuggets Rice Pilaf Green Beans Fruit & Milk	5 Hamburger on a Roll Plain or with Cheese French Fries Lettuce and Tomato Pickle Slices Fruit & Milk	6 Baked Macaroni and Cheese Steamed Broccoli Assorted Fruit Milk	
	9 French Toast Sticks Sausage Links Hash Brown Patty Fruit Choice Milk	10 Chicken Tenders w/ Dipping Sauce Whipped Potatoes Steamed Carrots Fruit & Milk	11 Penne w/Meat Sauce Garlic Bread Stick Caesar Salad Assorted Fruit Milk	12 Chicken Stir Fry w/ Assorted Vegetables Served Over Rice Fruit Variety Milk	13 Shepherd's Pie (Beef, Potato & Corn) Whole Wheat Roll Chilled Fruit Milk	
	16 NO SCHOOL 	17 Mozzarella Sticks w/ Marinara Sauce Potato Smiles Green Beans Fruit & Milk	18 Chicken Parmesan w/ Pasta & Garlic Bread Garden Salad Assorted Fruit Milk	19 Soup and Sandwich: Minestrone Soup w/ Ham & Cheese Chilled Fruit Milk	20 Popcorn Chicken Bowl w/Mashed Potatoes, Corn & Gravy Fruit Choice Milk	
	23 Cheese Quesadilla w/ Salsa & Sour Cream Spanish Rice Black Bean Salad Fruit & Milk	24 Chicken & Broccoli Alfredo Garlic Breadstick Assorted Fruit Milk	25 11:58 Dismissal Egg, Sausage & Cheese Sandwich Bag of Chips Sliced Beets Fruit & Milk	26 Nachos w/Beef, Cheese, Salsa & Sour Cream Mexicali Corn Chilled Fruit Milk	27 Chow Mein w/Beef and Vegetables Served Over Noodles Fruit Choice Milk	
	30 Beef Chili w/Tortilla Chips, Cheese and Sour Cream Black Bean Salsa Fruit & Milk	31 Waffles w/ Syrup Sausage Links Potato Puffs Assorted Fruit Milk		THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER	<u>NOW HIRING:</u> SUBSTITUTE CAFÉ WORKERS Contact Lisa Leon, lleon@dimanregional. org or (508)678-2891 ext.1670 for details.	