

**Free & Reduce Priced Meals**  
2020-2021 forms are online!

New forms are due by October  
1st each year to confirm eligibility  
for all district programs.  
Apply online at

**Wachusett Regional School  
District  
Mountview & Central Tree  
January 2021  
For students learning in school only**

**20-21 Lunch Prices!**  
All full meals are currently FREE to all students!  
Milk (without a meal) - .60  
All meals include choice of sides (vegetable, fruit/juice, milk)  
Students MUST take at least one fruit or vegetable with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>FREE MEALS!!</b> All student meals are free of charge this year! Do you need meals for your child while learning at home?</p> <p>Visit WRSDschoolnutrition.com for details</p>	<p><b>Brunch Bag includes:</b> A grain (bagel w/ cream cheese or a muffin or cereal), yogurt, fruit and milk.</p>		<p>Menu is subject to change. Please let us know if you have any allergies to food.</p>	<p><b>HAPPY NEW YEAR!!</b></p> 
<p>4 Hamburger on a Roll Oven Baked Fries Baked Beans Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>5 Meatball Sub Potato Puffs Green Beans Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>6 Chicken Parmesan on a roll Mixed Vegetables Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>7 Fish &amp; Chips Carrots Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>8 Pizza Dippers w/ Marinara Sauce Steamed Broccoli Chilled or Fresh Fruit Milk-Chocolate/White</p>
<p>11 Chicken Fajita Peppers &amp; onions Black Beans and Rice Corn Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>12 Hot Dog on Roll Oven Baked Fries Baked Beans Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>13 Cheese Lasagna Roll-Up Mixed Vegetables Dinner Roll Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>14 Turkey &amp; Cheese Sub Fresh Celery Sticks Chilled or Fresh Fruit Milk-Chocolate/White</p>	<p>15 <u>BENTO BOX</u> Tuna Salad, Baby Carrots, Craisins &amp; Cheez It Crackers Chilled or Fresh Fruit Milk-Chocolate/White</p>
<p>18 <b>Martin Luther King, Jr. Day</b></p>	<p>19 <b>Chicken Tenders Sweet Potato Fries Corn</b> Chilled or Fresh Fruit Milk-Chocolate/White Sal's Cheese Pizza Cereal &amp; yogurt lunch</p>	<p>20 <b>Macaroni &amp; Cheese Green Beans Dinner Roll</b> Chilled or Fresh Fruit Milk-Chocolate/White Sal's Cheese Pizza Bagel-Yogurt Meal</p> <p><u>Cohort &amp; Remote students:</u> Meal pick-up today 3-4pm</p>	<p>21 <b>Chicken Tenders Sweet Potato Fries Corn</b> Chilled or Fresh Fruit Milk-Chocolate/White Sal's Cheese Pizza Cereal &amp; yogurt lunch</p>	<p>22 <b>Macaroni &amp; Cheese Green Beans Dinner Roll</b> Chilled or Fresh Fruit Milk-Chocolate/White Sal's Cheese Pizza Bagel-Yogurt Meal</p>
<p>25 <b>Chicken Patty on Roll Oven Baked Fries Cucumber Slices</b> Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger on a roll Brunch Bag: Cereal Meal</p>	<p>26 <b>Stuffed Crust Pizza Steamed Broccoli</b> Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger on a roll Brunch Bag: Bagel Meal</p>	<p>27 <b>MEAL PICK UP:</b> For participating Cohort &amp; Remote Only Students 3-4pm</p> <p>WRSDschoolnutrition.com for details</p>	<p>28 <b>Chicken Patty on Roll Oven Baked Fries Cucumber Slices</b> Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger on a roll Brunch Bag:Cereal Meal</p>	<p>29 <b>Stuffed Crust Pizza Steamed Broccoli</b> Chilled or Fresh Fruit Milk-Chocolate/White Cheese or hamburger on a roll Brunch Bag: Bagel Meal</p>