

Monadnock Middle & High School Menu

August- October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks Meal Fresh Salad Meals Fresh Sandwich Meals	Spaghetti & Meat Sauce Meal Fresh Salad Meals Fresh Sandwich Meals	Chicken Nuggets Meal Fresh Salad Meals Fresh Sandwich Meals Welcome Back!	Hamburger Meal Fresh Salad Meals Fresh Sandwich Meals	Pizza Meal Fresh Salad Meals Fresh Sandwich Meals
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Patty Meal Fresh Salad Meals Fresh Sandwich Meals	Mac & Cheese Meal Fresh Salad Meals Fresh Sandwich Meals	Shepherd's Pie Meal WG Treat of The Day Fresh Salad Meals Fresh Sandwich Meals	Chicken & Cheese Quesadilla Meal Fresh Salad Meals Fresh Sandwich Meals	Pizza Meal Cook's Choice Fresh Salad Meals Fresh Sandwich Meals
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancake & Sausage Meal Fresh Salad Meals Fresh Sandwich Meals	Super Nacho Meal Fresh Salad Meals Fresh Sandwich Meals	Chicken Parm Sandwich Meal Fresh Salad Meals Fresh Sandwich Meals	Husky Bowl Meal Fresh Salad Meals Fresh Sandwich Meals	Bosco Sticks Meal Cook's Choice Fresh Salad Meals Fresh Sandwich Meals
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Dog Meal Fresh Salad Meals Fresh Sandwich Meals	Taco with Rice Meal Fresh Salad Meals Fresh Sandwich Meals	Hot Ham & Cheese Flatbread Meal Fresh Salad Meals Fresh Sandwich Meals	Mac & Cheese Meal Fresh Salad Meals Fresh Sandwich Meals	Pizza Meal Cook's Choice Fresh Salad Meals Fresh Sandwich Meals

Breads & Pasta, Pizza are Whole Grain products

AUGUST – SEPTEMBER					OCTOBER				
		8/26	8/27	8/28	9/28	9/29	9/30	10/1	10/2
31	1	2	3	4	5	6	7	8	NS
NS	NS	9	10	11	NS	13	14	15	16
14	15	16	17	18	19	20	21	22	23
21	22	23	24	25	26	27	28	29	30

*NS: No school that day- please refer to District calendar for event.

Daily Fruit Buffet: Variety of Fresh, low sugar frozen or canned fruits or juice.

**A VARIETY OF 1% & SKIM MILK ARE OFFERED WITH EACH MEAL.
MENUS ARE SUBJECT TO CHANGE BASED UPON MARKET & AVAILABILITY.**

ALL Lunch Meals

Include:

Hot Vegetable
Cold Vegetable
Fruit Buffet
Milk Choices

LUNCH PRICES

Middle High School:
Paid: \$3.75 Reduced \$4.00
Milk: \$0.50

For your convenience, visit www.linqconnect.com to make online deposits to your child's account.
There is a charge for each transaction.
You may continue to make deposits at your child's school.

Please use the LINQ website to monitor your child's account at no cost.
Low balance & negative balance account statements are sent by email

Cafeteria Contact Numbers:

Cutler School (603) 355-3132
Emerson School (603) 585-6006
Gilsum School (603) 352-2226
Mt. Caesar School (603) 903-6531
Troy School (603) 242-6564
Main Office (603) 903-6819
Fax (603) 719-3238

25-26 Free & Reduced Applications are available now!
Applications from last year expire in October!



This Institution is an equal opportunity provider.