



LUNCH

SEPTEMBER 2026

Ayer Shirley Regional High School

HS Kitchen Manager

Diane Jones

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Monday

Tuesday

Wednesday

Thursday

Friday

Nacho Plate

Seasoned Meat and Cheese
WG Tortilla Chips
Lettuce and Tomatoes
Zesty Black Beans
Variety of Ice Cold Milk
Fruit Assortment
Menu Items

1

Chinese Takeout

Orange Popcorn Chicken
Steamed Brown Rice ✓
Broccoli ✓
Variety of Ice Cold Milk
Fruit Assortment
Fortune Cookie ✓

2

Pizza Party Friday!

Assorted Pizza
Crisp Carrot Sticks & Low Fat Dip
Variety of Ice Cold Milk
Fresh Fruit Assortment

3

No School

4

Everybody's Favorite

Chicken Patty Sandwich
Oven Fries
Variety of Ice Cold Milk
Fruit Assortment

8

Mangia Mangia

Pasta & Italian Style
Meatballs
Garlic Bread
Broccoli
Variety of Ice Cold Milk
Fruit Assortment

9

Chipotle Style Chicken Rice Bowl

Cilantro-lime brown
Chipotle-seasoned grilled chicken
Seasoned black beans
Roasted corn
Tomato salsa
Shredded lettuce
Shredded cheddar cheese

10

Pizza Party Friday

Assorted Pizza
Crisp Carrot Sticks & Low Fat Dip
Variety of Ice Cold Milk
Fresh Fruit Assortment

11

Brunch

WG Waffles
Syrup
Breakfast Sausage
Tater Tots
Variety of Ice Cold Milk
Assorted Fruit

14

Taco Tuesday

Choice of Seasoned Meat,
Crisp Lettuce, Fresh Tomato &
Garden Salsa all in a Flour Tortilla
Ranchero Beans
Variety of Ice Cold Milk
Fruit Assortment

15

Comfort Food

Sloppy Joes
On a Soft Roll
Oven Fries
Variety of Ice Cold Milk
Fruit Assortment

16

Chicken and Vegetable Dumplings

Steamed Brown Rice ✓
Green Beans ✓
Fortune Cookie ✓
Assorted Ice Cold Milk
Fruit Assortment

17

Pizza Party Friday!

Assorted Pizza
Caesar Salad
Variety of Ice Cold Milk
Fresh Fruit Assortment

18

Everybody's Favorite

Golden Chicken Nuggets
Assorted Dips
Whipped Potatoes
Parslied Carrot Coins
Variety of Ice Cold Milk
Fruit Assortment

21

Comfort Food

Toasted Cheese Sandwich
Creamy Tomato Soup
Variety of Ice Cold Milk
Fruit Assortment

22

Panther Chicken Patty

Lettuce, Tomato, Pickle
Baked Beans ✓
Assorted Ice Cold Milk
Variety of Fruits

23

Mangia Mangia

Classic Pasta With Meat Sauce
Or Plain Marinara ✓
Warm Wheat Roll ✓
Broccoli ✓
Assorted Ice Cold Milk
Fruit Assortment

24

Pizza Party Friday!

Assorted Pizza
Crisp Carrot Sticks & Low Fat Dip
Variety of Ice Cold Milk
Fresh Fruit Assortment

25

Burger Bar

Beef or Veggie Burger
Lettuce, Tomato, Pickle
Assorted Condiments
Green Beans
Variety of Ice Cold Milk
Fruit Assortment

28

Traditions

Baked Chicken
Pasta Salad
Warm Dinner Roll
Variety of Cold Milk
Assorted Fruit

29

From the Ballpark

Steamed Hot dog
on a Grilled Roll
Baked Beans
Variety of Ice Cold Milk
Assorted Fruit

30

Menu subject to change without notice
Ayer Shirley School District is an equal opportunity provider.

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SCHOOL
BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com