

OCTOBER 2026

Ayer Shirley Regional High School

HS Kitchen Manager

Diane Jones

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Monday

Tuesday

Wednesday

Thursday

Friday

Everybody's Favorite

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

5

Nacho Plate

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

6

Everybody's Favorite

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

7

Comfort Food

Homemade Mac & Cheese
Green Beans
Wheat Dinner Roll
Variety of Ice Cold Milk
Fresh Fruit Assortment

1

Pizza Party Friday!

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

2



Chicken Tender Basket

Oven Fries
Sweet and Sour Sauce
Selection of Cold Milk
Fruit Assortment

13

Burger Bar

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

14

Chipotle Style Chicken Rice Bowl

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

15

Pizza Party Friday!

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

16

Brunch

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

19

Everybody's Favorite

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

20

That's Italian!

Pasta with Meaty Marinara
Steamed Broccoli Florets
Garlic Knots
Variety of Ice Cold Milk
Fresh Fruit Assortment

21

BUFFALO CHICKEN DIP DAY

Creamy Buffalo Chicken Dip
with Tortilla Chips
Fresh Carrots & Celery
Variety of Ice Cold Milk
Fresh Fruit Assortment

22

Pizza Party Friday!

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

23

Everybody's Favorite

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

26

Comfort Food

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

27

From the Ballpark

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

28

Chicken Tender Basket

Oven Fries
Sweet and Sour Sauce
Selection of Cold Milk
Fruit Assortment

29

Pizza Party Friday!

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

30

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



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