

ASHLAND HIGH SCHOOL MENU

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School New Year's Day	2 Kayem Lite Hot Dog On a Bun Or All Beef Hot Dog Baked Beans Carrot Coins	3 Chicken & Cheese Quesadillas Mexican Rice (V) Salsa Sour Cream	4 Pizza Party! (V)	5 Egg & Cheese on a Croissant (V) Fresh Fruit Salad
8 Grilled Cheese Sandwich Tomato Soup (V)	9 Chicken Parm or Eggplant Parm with Pasta (V) Garlicky Broccoli	10 Classic Meatloaf Smashed Potatoes and Corn Dinner Roll	11 Pizza Party! (V)	12 Coconut Fish Tacos Yellow Rice and Peas Sour Cream & Salsa
15 No School M.L. King Jr. Birthday	16 Warm Turkey & Cheese Pretzel Roll (V) Veggie Pasta Salad	17 American Chop Suey Garlicky Green Beans Bread Stick	18 Pizza Party! (V)	19 French Toast (V) Hash Browns Sausage Blueberry Compote
22 Pork Carnitas Fajitas Rice & Jalapeno Corn	23 High School Mid Term Exams Variety of Salads & Sandwiches	24 High School Mid Term Exams Variety of Salads & Sandwiches	25 High School Mid Term Exams Variety of Salads & Sandwiches	26 High School Mid Term Exams Variety of Salads & Sandwiches
29 Hamburger, Cheeseburger, Veggie Burger (V) French Fries	30 Muchos Nachos (V) Tortilla Chips with Seasoned BeefCheese, Lettuce & Salsa Refried Beans	31 Chicken Pot Pie Carrots & Peas Buttermilk Biscuit		

- V is or can be made vegetarian.
- Assorted sandwiches, entrée salads and grab-and-go meals are available daily, including vegetarian options.
- All meals are offered with milk, 100% fruit juice, fresh fruit and vegetables.
- Menu subject to change without notice.

- If you have a food allergy, please contact the Nutrition Services department before purchasing a meal.
- Each student is entitled to one free breakfast and one free lunch each school day.
- This institution is an Equal Opportunity Employer.
- To translate this menu, upload it to deepl.com.

Comments or concerns? Contact the Nutrition Services department at ashland.k12.ma.us/NutritionServices or 508-881-0165.