

TRUMBULL PUBLIC SCHOOLS ELEMENTARY SCHOOLS

MENU

MARCH 1-30, 2018



DAILY ENTRÉE CHOICE

1. PROTIEIN SALAD with graham crackers
  2. YOGURT PLATE, *Monday, Tuesday, Thursday, Friday* with bagel and string cheese  
\*YOGURT PLATE, *Wednesday* w/ muffin, string cheese & graham crackers
  3. TURKEY BREAST or BOLOGNA or TUNA SANDWICH choice of w. wheat bread , fresh veggie sticks
  4. SUNBUTTER & JELLY w/baby carrots
- ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
**FRUIT & VEGETABLE BAR DAILY includes**  
*Assorted fresh fruit & Assorted hot and cold fresh vegetable sticks or garden salad*

*Students must choose one fruit or vegetable serving or both to complete a meal.*



|  | THURSDAY MARCH 1                       | FRIDAY MARCH 2             | This Weeks Fruit & Vegetable Bar Offers |                      |
|--|--|----------------------------|---|----------------------|
|  | <b>ENTRÉE CHOICE</b>                   | <b>ENTRÉE CHOICE</b>       | <i>Carrots</i>                          | <i>Peppers</i>       |
|  | W.G.FRENCH TOAST STICKS                | WHOLE GRAIN                | <i>Potato Rounds</i>                    | <i>Onions</i>        |
|  | SYRUP, TURKEY SAUSAGE                  | SCHOOL MADE PIZZA          | <i>Sauerkraut</i>                       | <i>Olives</i>        |
|  |  | CHEESE or VEGETABLE        | <i>Baked Beans</i>                      | <i>Hummus</i>        |
|  | SWEET POTATO BITES                     | SPINACH & ROMAINE & TOMATO | <i>Chickpeas</i>                        | <i>Orange Smiles</i> |
|  | HUMMUS on a CELERY STICK               | SALAD w/ LOW FAT DRESSING  | <i>Spinach</i>                          | <i>Mixed Fruit</i>   |
|  | <i>with Warm Cinnamon Apple Slices</i> |                            | <i>Romaine Lettuce</i>                  | <i>Applesauce</i>    |
|  |  | APPLESAUCE                 | <i>Tomato</i>                           | <i>Grapes</i>        |
|  | FRUIT & VEGETABLE BAR                  | FRUIT & VEGETABLE BAR      | <i>Celery</i>                           | <i>Apples</i>        |
|  | MILK CHOICE                            | MILK CHOICE                | <i>Corn</i>                             | <i>Pears</i>         |
|  |  |                            | <i>Three Bean Salad</i>                 | <i>Pineapple</i>     |

ALL ENTREES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE

Milk is available with all lunches

Daily Milk Choices include: 1%, Skim, Fat Free Flavored



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| MONDAY MARCH 5           | TUESDAY MARCH 6                 | WEDNESDAY MARCH 7          | THURSDAY MARCH 8                                   | FRIDAY MARCH 9                       | This Weeks Fruit & Vegetable Bar Offers |                      |
|--------------------------|---------------------------------|----------------------------|--|--------------------------------------|---|----------------------|
| <b>ENTRÉE CHOICE</b>     | <b>ENTRÉE CHOICE</b>            | <b>ENTRÉE CHOICE</b>       | <b>ENTRÉE CHOICE</b>                               | <b>ENTRÉE CHOICE</b>                 | <i>Chickpeas</i>                        | <i>Hummus</i>        |
| CHICKEN TENDERS          | <b>BUILD A SOFT TACO</b>        | PASTA                      | <b>ENTRÉE CHOICE</b>                               | WHOLE GRAIN                          | <i>Three Bean Salad</i>                 | <i>Peaches</i>       |
| HONEY CATSUP or BBQ      | with SEASONED 100% BEEF TACO    | with MEATSAUCE             | <i>Special Events Day</i>                          | SCHOOL MADE PIZZA                    | <i>Mixed Vegetables</i>                 | <i>Raisins</i>       |
| DIPPING SAUCE            | or                              | or MARINARA SAUCE          | <i>Buy Lunch Today Receive a Pencil Bot Topper</i> | CHEESE or VEGETABLE                  | <i>Corn</i>                             | <i>Orange Smiles</i> |
| BAKED SWEET POTATO FRIES | or <b>SEASONED CHICKEN TACO</b> | SPINACH & ROMAINE & TOMATO | General Tso's Chicken                              | or <i>Fish Sandwich on a WG Roll</i> | <i>Carrots / Tomato</i>                 | <i>Mixed Fruit</i>   |
| STEAMED BROCCOLI         | LOW FAT CHEESE, SALSA           | SALAD w/ LOW FAT DRESSING  | over Brown Rice                                    | SPINACH & ROMAINE & TOMATO           | <i>Celery</i>                           | <i>100% Juice</i>    |
| RAISINS                  | SHREDDED LETTUCE & TOMATO       |                            | Oriental vegetables                                | SALAD w/ LOW FAT DRESSING            | <i>Romaine Lettuce</i>                  | <i>Grapes</i>        |
| WHOLE WHEAT ROLL         | STEAMED BROWN RICE              | WHOLE WHEAT ROLL           | <i>Pineapple</i>                                   | APPLESAUCE                           | <i>Mashed Potato</i>                    | <i>Apples</i>        |
| <i>Ketchup</i>           | DICED CARROTS with CORN         | <i>FRESH PEAR</i>          | & 100% 4 oz. JUICE                                 | FRUIT & VEGETABLE BAR                | <i>Spinach</i>                          | <i>Pears</i>         |
| FRUIT & VEGETABLE BAR    | FRUIT & VEGETABLE BAR           | FRUIT & VEGETABLE BAR      | FRUIT & VEGETABLE BAR                              | MILK CHOICE                          | <i>Broccoli</i>                         | <i>Applesauce</i>    |
| MILK CHOICE              | MILK CHOICE                     | MILK CHOICE                | MILK CHOICE  |                                      | <i>Peppers</i>                          | <i>100% Juice</i>    |

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| MONDAY MARCH 12               | TUESDAY MARCH 13      | WEDNESDAY MARCH 14         | THURSDAY MARCH 15    | FRIDAY MARCH 16                      | This Weeks Fruit & Vegetable Bar Offers |                      |
|-------------------------------|-----------------------|----------------------------|----------------------|--------------------------------------|---|----------------------|
| <b>ENTRÉE CHOICE</b>          | <b>ENTRÉE CHOICE</b>  | <b>ENTRÉE CHOICE</b>       | <b>ENTRÉE CHOICE</b> | <b>ENTRÉE CHOICE</b>                 | <i>Sweet Potato Fries</i>               | <i>Hummus</i>        |
| CHICKEN NUGGETS               | CHEESEBURGER          | PASTA                      | EARLY CLOSING        | WHOLE GRAIN                          | <i>Broccoli</i>                         | <i>Peaches</i>       |
| HONEY or BBQ                  | on a WHOLE WHEAT ROLL | with MEATSAUCE             |                      | SCHOOL MADE PIZZA                    | <i>Carrots</i>                          | <i>Raisins</i>       |
| DIPPING SAUCE                 | LETTUCE & TOMATO      | or MARINARA SAUCE          | NO LUNCH SERVED      | CHEESE or VEGETABLE                  | <i>Green Peas</i>                       | <i>Orange Smiles</i> |
| <b>* BAKED CONFETTI FRIES</b> | GREEN PEAS            | SPINACH & ROMAINE & TOMATO |                      | or <i>Fish Sandwich on a WG Roll</i> | <i>Carrots</i>                          | <i>Mixed Fruit</i>   |
| MIXED VEGETABLES              | on a WHOLE WHEAT ROLL | SALAD w/ LOW FAT DRESSING  |                      | SPINACH & ROMAINE & TOMATO           | <i>Spinach</i>                          | <i>Applesauce</i>    |
| RAISINS                       | LETTUCE & TOMATO      | WHOLE WHEAT ROLL           |                      | SALAD w/ LOW FAT DRESSING            | <i>Celery</i>                           | <i>Grapes</i>        |
| WHOLE WHEAT ROLL              | GREEN PEAS            | PEAR                       |                      | APPLESAUCE                           | <i>Potato Rounds</i>                    | <i>Apples</i>        |
| <i>Ketchup</i>                | on a WHOLE WHEAT ROLL | FRUIT & VEGETABLE BAR      |                      | FRUIT & VEGETABLE BAR                | <i>Peppers</i>                          | <i>Pineapple</i>     |
| FRUIT & VEGETABLE BAR         | on a WHOLE WHEAT ROLL | MILK CHOICE                |                      | MILK CHOICE                          | <i>Chickpeas</i>                        |                      |
| MILK CHOICE                   | LETTUCE & TOMATO      |                            |                      |                                      |   |                      |

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menu subject to change

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| MONDAY MARCH 19   | TUESDAY MARCH 20  | WEDNESDAY MARCH 21  | THURSDAY MARCH 22  | FRIDAY MARCH 23  | <i>This Weeks Fruit &amp; Vegetable Bar Offers</i>  |
|---|---|---|--|--|---|
| <b>ENTRÉE CHOICE</b><br><br>HOT DOG<br>Served on a<br>WHOLE WHEAT BUN<br>with SAUERKRAUT & MUSTARD<br>BAKED BEANS<br>STEAMED SPINACH w/ CHICKPEAS<br><br>FRUIT & VEGETABLE BAR<br>MILK CHOICE | <b>ENTRÉE CHOICE</b><br><br>MEATBALL GRINDER<br>topped with low fat cheese<br>MIXED VEGETABLES<br><br>CHILLED MIXED FRUIT<br><br>FRUIT & VEGETABLE BAR<br>MILK CHOICE | <b>ENTRÉE CHOICE</b><br><br>WHOLE GRAIN<br>CHEESE RAVIOLI<br>with MARINARA SAUCE<br>SPINACH & ROMAINE SALAD<br>with LOW FAT DRESSING<br>FRESH ORANGE SMILES<br>WHOLE WHEAT ROLL<br><br>FRUIT & VEGETABLE BAR<br>MILK CHOICE | <b>ENTRÉE CHOICE</b><br><br>W.G. FRENCH TOAST STICKS<br>SYRUP, TURKEY SAUSAGE<br><br>SWEET POTATO BITES<br>HUMMUS on a CELERY STICK<br>with Warm Cinnamon Apple Slices<br><br>FRUIT & VEGETABLE BAR<br>MILK CHOICE | <b>ENTRÉE CHOICE</b><br><br>WHOLE GRAIN<br>SCHOOL MADE PIZZA<br>CHEESE or<br>VEGETABLE<br>or Fish Sandwich on a WG Roll<br>SPINACH & ROMAINE & TOMATO<br>SALAD w/ LOW FAT DRESSING<br>APPLESAUCE<br><br>FRUIT & VEGETABLE BAR<br>MILK CHOICE | <i>Carrots</i><br><i>Potato Rounds</i><br><i>Sauerkraut</i><br><i>Baked Beans</i><br><i>Chickpeas</i><br><i>Spinach</i><br><i>Romaine Lettuce</i><br><i>Tomato</i><br><i>Celery</i><br><i>Corn</i><br><i>Three Bean Salad</i><br><br><i>Peppers</i><br><i>Onions</i><br><i>Olives</i><br><i>Hummus</i><br><i>Orange Smiles</i><br><i>Mixed Fruit</i><br><i>Applesauce</i><br><i>Grapes</i><br><i>Apples</i><br><i>Pears</i><br><i>Pineapple</i> |

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| MONDAY MARCH 26   | TUESDAY MARCH 27   | WEDNESDAY MARCH 28  | THURSDAY MARCH 29   | FRIDAY MARCH 30  | <i>This Weeks Fruit &amp; Vegetable Bar Offers</i>   |
|---|--|---|---|--|--|
| <b>ENTRÉE CHOICE</b><br><br>CHICKEN TENDERS<br>HONEY CATSUP or BBQ<br>DIPPING SAUCE<br>BAKED SWEET POTATO FRIES<br>STEAMED BROCCOLI<br>RAISINS<br>WHOLE WHEAT ROLL<br>Ketchup<br><br>FRUIT & VEGETABLE BAR<br>MILK CHOICE | <b>ENTRÉE CHOICE</b><br><br><b>BUILD A SOFT TACO</b><br>with SEASONED 100% BEEF TACO<br>or<br>or <b>SEASONED CHICKEN TACO</b><br>LOW FAT CHEESE, SALSA<br>SHREDDED LETTUCE & TOMATO<br>STEAMED BROWN RICE<br>DICED CARROTS with CORN<br>FRUIT & VEGETABLE BAR<br><br>MILK CHOICE | <b>ENTRÉE CHOICE</b><br><br>PASTA<br>with MEATSAUCE<br>or MARINARA SAUCE<br><br>SPINACH & ROMAINE & TOMATO<br>SALAD w/ LOW FAT DRESSING<br><br>WHOLE WHEAT ROLL<br>FRESH PEAR<br>FRUIT & VEGETABLE BAR<br>MILK CHOICE | <b>ENTRÉE CHOICE</b><br><br>MEATLOAF with<br>low fat gravy<br>MASHED POTATO<br>CORN<br>WG ROLL<br><br>Pineapple<br>& 100% 4 oz. JUICE<br>FRUIT & VEGETABLE BAR<br><br>MILK CHOICE | <b>ENTRÉE CHOICE</b><br><br>NO<br><br>SCHOOL<br><br>GOOD<br>FRIDAY | <i>Chickpeas</i><br><i>Three Bean Salad</i><br><i>Mixed Vegetables</i><br><i>Corn</i><br><i>Carrots / Tomato</i><br><i>Celery</i><br><i>Romaine Lettuce</i><br><i>Mashed Potato</i><br><i>Spinach</i><br><i>Broccoli</i><br><i>Peppers</i><br><br><i>Hummus</i><br><i>Peaches</i><br><i>Raisins</i><br><i>Orange Smiles</i><br><i>Mixed Fruit</i><br><i>100% Juice</i><br><i>Grapes</i><br><i>Apples</i><br><i>Pears</i><br><i>Applesauce</i><br><i>100% Juice</i> |

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Free and Reduced Lunch Applications are:

1. Sent home with every student the first day of school
2. Available on-line, [www.trumbullps.org/food services](http://www.trumbullps.org/food services)
3. Available at every school kitchen and main office during the school year

**JUST FOR YOU**

MARCH 8: **SPECIAL EVENTS DAY: BUY LUNCH TODAY AND RECEIVE a Pencil Bot Topper**

|                                |        |
|--------------------------------|--------|
| FRESH FRUIT                    | \$0.65 |
| SCHOOL BAKED COOKIES           | \$0.50 |
| CHEDDAR CHEESE CRACKERS        | \$0.65 |
| POPCORN, PRETZEL, MUNCHIE ELEM | \$0.85 |
| LINDENS 2PK COOKIE             | \$0.85 |



DEBIT DEPOSIT SLIP

DATE: \_\_\_\_\_ BAR CODE (PIN #) \_\_\_\_\_  
STUDENT NAME: \_\_\_\_\_ ROOM # \_\_\_\_\_  
DEPOSIT AMOUNT: \$ \_\_\_\_\_  
CIRCLE OPTION: LUNCH / LUNCH and A LA CARTE  
CIRCLE METHOD OF PAYMENT: CHECK or CASH

mySchoolBucks.com



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