

**TRUMBULL PUBLIC SCHOOLS ELEMENTARY SCHOOL LUNCH MENU
DECEMBER 1-29, 2017**

- DAILY ENTRÉE CHOICES**
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.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY DEC. 1 | This Weeks Fruit & Vegetable Bar Offers |
|--------|---------|-----------|----------|---|---|
| | | | | ENTRÉE CHOICE WHOLE GRAIN SCHOOL MADE PIZZA CHEESE or VEGETABLE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING APPLESAUCE FRUIT & VEGETABLE BAR MILK CHOICE | Carrots Potato Rounds Sauerkraut Baked Beans Chickpeas Spinach Romaine Lettuce Tomato Celery Corn Three Bean Salad Peppers Onions Olives Hummus Orange Smiles Mixed Fruit Applesauce Grapes Apples Pears Pineapple |
| | | | | menu subject to change | |

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

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| MONDAY DEC. 11 | TUESDAY DEC. 12 | WEDNESDAY DEC. 13 | THURSDAY DEC. 14 | FRIDAY DEC. 15 | This Weeks Fruit & Vegetable Bar Offers |
|---|---|---|---|---|---|
| ENTRÉE CHOICE CHICKEN NUGGETS HONEY or BBQ DIPPING SAUCE BAKED SWEET POTATO FRIES MIXED VEGETABLES RAISINS WHOLE WHEAT ROLL <i>Ketchup</i> FRUIT & VEGETABLE BAR MILK CHOICE | ENTRÉE CHOICE CHEESEBURGER on a WHOLE WHEAT ROLL LETTUCE & TOMATO GREEN PEAS BABY CARROTS with HUMMUS PEACH CUP <i>Ketchup</i> FRUIT & VEGETABLE BAR MILK CHOICE | ENTRÉE CHOICE PASTA with MEATSAUCE or MARINARA SAUCE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING WHOLE WHEAT ROLL PEAR FRUIT & VEGETABLE BAR MILK CHOICE | ENTRÉE CHOICE TOASTED CHEESE SANDWICH on WHOLE WHEAT BAKED POTATO ROUNDS SPINACH TOMATO VEGETABLE SOUP MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE | ENTRÉE CHOICE WHOLE GRAIN SCHOOL MADE PIZZA CHEESE or VEGETABLE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING APPLESAUCE FRUIT & VEGETABLE BAR MILK CHOICE | Sweet Potato Fries Broccoli Green Peas Carrots Spinach Celery Potato Rounds Peppers Chickpeas Hummus Peaches Raisins Orange Smiles Mixed Fruit Applesauce Grapes Apples Pears Pineapple |

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| MONDAY DEC. 18 | TUESDAY DEC. 19 | WEDNESDAY DEC. 20 | THURSDAY DEC. 21 | FRIDAY DEC. 22 | <i>This Weeks Fruit & Vegetable Bar Offers</i> |
|---|--|--|--|------------------------|---|
| ENTRÉE CHOICE | ENTRÉE CHOICE | ENTRÉE CHOICE | ENTRÉE CHOICE | EARLY CLOSING | <i>Carrots Peppers</i> |
| HOT DOG Served on a WHOLE WHEAT BUN with SAUERKRAUT & MUSTARD BAKED BEANS STEAMED SPINACH w/ CHICKPEAS | BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE | WHOLE GRAIN CHEESE RAVIOLI with MARINARA SAUCE SPINACH & ROMAINE SALAD with LOW FAT DRESSING FRESH ORANGE SMILES WHOLE WHEAT ROLL | W.G. FRENCH TOAST STICKS SYRUP, TURKEY SAUSAGE | NO LUNCH SERVED | <i>Potato Rounds Onions</i> <i>Sauerkraut Olives</i> <i>Baked Beans Hummus</i> <i>Chickpeas Orange Smiles</i> <i>Spinach Mixed Fruit</i> <i>Romaine Lettuce Applesauce</i> <i>Tomato Grapes</i> <i>Celery Apples</i> <i>Corn Pears</i> <i>Three Bean Salad Pineapple</i> |
| FRUIT & VEGETABLE BAR MILK CHOICE | FRUIT & VEGETABLE BAR MILK CHOICE | FRUIT & VEGETABLE BAR MILK CHOICE | FRUIT & VEGETABLE BAR MILK CHOICE | | |

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HOLIDAY RECESS DECEMBER 25 - JANUARY 1, 2018



Free and Reduced Lunch Applications are:
1. Sent home with every student the first day of school
2. Available on-line, www.trumbullps.org/foodservices
3. Available at every school kitchen and main office during the school year

JUST FOR YOU
DEC.6 : **SPECIAL EVENTS DAY: BUY LUNCH TODAY AND RECEIVE a MAKE-A-NOTI-BOT PENCIL**

| | |
|------------------------------|--------|
| 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 | |

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