

**TRUMBULL ELEMENTARY SCHOOLS LUNCH MENU**

**OCTOBER 2-31, 2017**

**DAILY ENTRÉE CHOICES**

1. PROTIEN 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 OCT. 2	TUESDAY OCT. 3	WEDNESDAY OCT. 4	THURSDAY OCT. 5	FRIDAY OCT. 6
<b>ENTRÉE CHOICE</b>  CHICKEN TENDERS HONEY CATSUP or BBQ DIPPING SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI RAISINS WHOLE WHEAT ROLL Ketchup  <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  <b>BUILD A SOFT TACO</b> 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  <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  PASTA with MEATSAUCE or MARINARA SAUCE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING WHOLE WHEAT ROLL  <b>FRESH PEAR</b> FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  General Tso's Chicken over Brown Rice  Oriental vegetables  Fortune Cookie Pineapple & 100% 4 oz. JUICE FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  WHOLE GRAIN SCHOOL MADE PIZZA CHEESE or VEGETABLE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING  <b>APPLESAUCE</b>  FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>



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

**National School Lunch Week**  
October 9-13, 2017  
#NSLW17  
#schoollunch  
#recipesforsuccess

**ALL ENTREES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE**  
*Milk is available with all lunches*  
*Daily Milk Choices include: 1%, Skim, Fat Free Flavored*

**NATIONAL SCHOOL LUNCH WEEK**

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MONDAY OCT. 9	TUESDAY OCT. 10	WEDNESDAY OCT. 11	THURSDAY OCT. 12	FRIDAY OCT. 13
<b>NO SCHOOL</b>  <b>Happy Columbus Day</b> 	<b>ENTRÉE CHOICE</b>  CHEESEBURGER on a WHOLE WHEAT ROLL LETTUCE & TOMATO GREEN PEAS BABY CARROTS with HUMMUS PEACH CUP Ketchup FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  PASTA with MEATSAUCE or MARINARA SAUCE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING WHOLE WHEAT ROLL PEAR  FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  CHICKEN NUGGETS HONEY or BBQ DIPPING SAUCE BAKED SWEET POTATO FRIES MIXED VEGETABLES RAISINS WHOLE WHEAT ROLL Ketchup FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  WHOLE GRAIN SCHOOL MADE PIZZA CHEESE or VEGETABLE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING  <b>APPLESAUCE</b>  FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>

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MONDAY OCT. 16	TUESDAY OCT. 17	WEDNESDAY OCT. 18	THURSDAY OCT. 19	FRIDAY OCT. 20
<b>ENTRÉE CHOICE</b>  HOT DOG Served on a WHOLE WHEAT BUN with SAUERKRAUT & MUSTARD BAKED BEANS STEAMED SPINACH w/ CHICKPEAS  <b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b> <b>Special Events Day</b> Buy Lunch Today Receive a <b>NUTRI-BOTS PENCIL</b>  BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE STEAMED BROCCOLI CHILLED MIXED FRUIT  FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  WHOLE GRAIN CHEESE RAVIOLI with MARINARA SAUCE SPINACH & ROMAINE SALAD with LOW FAT DRESSING FRESH ORANGE SMILES WHOLE WHEAT ROLL  FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  W.G. FRENCH TOAST STICKS SYRUP, TURKEY SAUSAGE  SWEET POTATO BITES HUMMUS on a CELERY STICK with Warm Cinnamon Apple Slices  FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  WHOLE GRAIN SCHOOL MADE PIZZA CHEESE or VEGETABLE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING  <b>APPLESAUCE</b>  FRUIT & VEGETABLE BAR <b>MILK CHOICE</b>

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MONDAY OCT. 23	TUESDAY OCT. 24	WEDNESDAY OCT. 25	THURSDAY OCT. 26	FRIDAY OCT. 27
<b>ENTRÉE CHOICE</b>	<b>ENTRÉE CHOICE</b>	<b>ENTRÉE CHOICE</b>	<b>ENTRÉE CHOICE</b>	<b>ENTRÉE CHOICE</b>
CHICKEN TENDERS HONEY CATSUP or BBQ DIPPING SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI RAISINS WHOLE WHEAT ROLL <i>Ketchup</i>	<b>BUILD A SOFT TACO</b> with SEASONED 100% BEEF TACO <i>or</i> <b>or SEASONED CHICKEN TACO</b> LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE DICED CARROTS with CORN FRUIT & VEGETABLE BAR	PASTA with MEATSAUCE or MARINARA SAUCE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING WHOLE WHEAT ROLL   FRESH PEAR FRUIT & VEGETABLE BAR MILK CHOICE	General Tso's Chicken over Brown Rice  Oriental vegetables  Fortune Cookie <i>Pineapple</i> & 100% 4 oz. JUICE FRUIT & VEGETABLE BAR MILK CHOICE	<b>ENTRÉE CHOICE</b> WHOLE GRAIN SCHOOL MADE PIZZA CHEESE or VEGETABLE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING   APPLESAUCE  FRUIT & VEGETABLE BAR MILK CHOICE

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*Milk is available with all lunches*



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MONDAY OCT. 30	TUESDAY OCT. 31
<b>ENTRÉE CHOICE</b>	<b>ENTRÉE CHOICE</b>
EARLY CLOSING  NO LUNCH SERVED	CHICKEN NUGGETS HONEY or BBQ DIPPING SAUCE BAKED SWEET POTATO FRI MIXED VEGETABLES RAISINS <i>W.G Pumpkin Pretzel</i> <i>Ketchup</i> FRUIT & VEGETABLE BAR MILK CHOICE

**What Makes a Lunch?**  
Select 3-5 Components

MILK

GRAIN

MILK

FRUIT

PROTEIN

One must be a  
FRUIT OR VEGGIE

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**JUST FOR YOU**  
OCTOBER 17 : **SPECIAL EVENTS DAY**: BUY LUNCH T  
AND RECEIVE a NUTRI-BOTS 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 |



- 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

**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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.