


## TRUMBULL PUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU MAY 1-31, 2018

**DAILY COMBO MEAL CHOICES**  
**\$3.05** Assorted Protein Salads Combo, includes bread.  
**\$3.00** Assorted Deli Combo, Made to order includes, assorted Breads, Carrot Raisin Salad or Cole Slaw  
 Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses  
**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
 A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
 Hamburger or Cheeseburger or Hot Dogs  
**FRUIT & VEGETABLE BAR DAILY includes**  
*Assorted fresh fruit/100% fruit juice & Assorted hot and cold fresh vegetable sticks or garden salad*  
**Students must choose one fruit or vegetable serving or both to complete a meal.**

	TUESDAY MAY 1 ENTRÉE CHOICE	WEDNESDAY MAY 2 ENTRÉE CHOICE	THURSDAY MAY 3 ENTRÉE CHOICE	FRIDAY MAY 4 ENTRÉE CHOICE	This Weeks Fruit & Vegetable Bar Offers
	PANCAKES <i>with Hot Cinnamon Apple Slices</i> SYRUP TURKEY SAUSAGE SWEET POTATO BITES HUMMUS on a CELERY STICK  MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL  FRESH PEAR FRUIT & VEGETABLE BAR MILK 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	SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES FRUIT & VEGETABLE BAR MILK CHOICE	<i>Sweet Potato Fries</i> Onions Brccoli Hummus Sweet potato Bites Peaches Carrots Raisins Spinach Orange Smiles Romaine Lettuce Mixed Fruit Tomato Applesauce Celery Grapes Potato Rounds Apples Peppers Pears Chickpeas Pineapple

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

**DAILY COMBO MEAL CHOICES**  
**\$3.05** Assorted Protein Salads Combo, includes bread.  
**\$3.00** Assorted Deli Combo, Made to order includes, assorted Breads, Carrot Raisin Salad or Cole Slaw  
 Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses  
**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
 A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
 Hamburger or Cheeseburger or Hot Dogs  
**FRUIT & VEGETABLE BAR DAILY includes**  
*Assorted fresh fruit/100% fruit juice & 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 MAY 7 ENTRÉE CHOICE	TUESDAY MAY 8 ENTRÉE CHOICE	WEDNESDAY MAY 9 ENTRÉE CHOICE	THURSDAY MAY 10 ENTRÉE CHOICE	FRIDAY MAY 11 ENTRÉE CHOICE	This Weeks Fruit & Vegetable Bar Offers
	CHICKEN SANDWICH <i>on a WHOLE WHEAT ROLL</i> LETTUCE & TOMATO SLICE OVEN FRIES MIXED VEGETABLES  APPLE FRUIT & VEGETABLE BAR MILK CHOICE	BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI  CHILLED MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL  FRESH PEAR FRUIT & VEGETABLE BAR MILK CHOICE	CHEESE QUESADILLA FIESTA BROWN RICE CORN THREE BEAN SALAD SALSA, OLIVES, ONIONS MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES FRUIT & VEGETABLE BAR MILK CHOICE	<i>Broccoli</i> Hummus Potato Rounds Peaches Carrots Raisins Celery Orange Smiles Romaine Lettuce Mixed Fruit Tomato 100% Juice Onions Grapes Sweet Potato Fries Apples Cucumbers Pears Spinach Applesauce peppers 100% Juice Chickpeas

MENU SUBJECT TO CHANGE WITHOUT NOTICE



### \*SCHOOL NUTRITION EMPLOYEE WEEK MAY 7-11



ALL ENTREES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE  
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**\$3.05** Assorted Protein Salads Combo, includes bread.  
**\$3.00** Assorted Deli Combo, Made to order includes, assorted Breads, Carrot Raisin Salad or Cole Slaw  
 Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses  
**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
 A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
 Hamburger or Cheeseburger or Hot Dogs  
**FRUIT & VEGETABLE BAR DAILY includes**  
*Assorted fresh fruit/100% fruit juice & 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 MAY 14 ENTRÉE CHOICE	TUESDAY MAY 15 ENTRÉE CHOICE	WEDNESDAY MAY 16 ENTRÉE CHOICE	THURSDAY MAY 17 ENTRÉE CHOICE	FRIDAY MAY 18 ENTRÉE CHOICE	This Weeks Fruit & Vegetable Bar Offers
	TOASTED CHEESE SANDWICH <i>made with whole wheat bread</i> POTATO ROUNDS MIXED VEGETABLES  Ketchup ORANGE FRUIT & VEGETABLE BAR MILK CHOICE	BUILD A SOFT TACO with SEASONED 100% BEEF TACO or SEASONED CHICKEN TACO or FIESTA BLACK BEAN TACO LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE DICED CARROTS with CORN PEACHES FRUIT & VEGETABLE BAR MILK CHOICE	ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING  WG ROLL FRESH PEAR FRUIT & VEGETABLE BAR MILK CHOICE	SHAVED STEAK & CHEESE SANDWICH STEAMED BROCCOLI OVEN FRIES FRESH CARROT STICKS  FRESH APPLE FRUIT & VEGETABLE BAR MILK CHOICE	SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES FRUIT & VEGETABLE BAR MILK CHOICE	<i>Chickpeas</i> Hummus Three Bean Salad Peaches Mixed Vegetables Raisins Corn Orange Smiles Carrots / Tomato Mixed Fruit Celery 100% Juice Romaine Lettuce Grapes Mashed Potato Apples Spinach Pears Broccoli Applesauce Peppers 100% Juice

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# TRUMBULL PUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU

## MAY 1-31, 2018


### DAILY COMBO MEAL CHOICES

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**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
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 Hamburger or Cheeseburger or Hot Dogs  
**FRUIT & VEGETABLE BAR DAILY includes**  
 Assorted fresh fruit/100% fruit juice & Assorted hot and cold fresh vegetable sticks or garden salad

MONDAY MAY 21 ENTRÉE CHOICE	TUESDAY MAY 22 ENTRÉE CHOICE	WEDNESDAY MAY 23 ENTRÉE CHOICE	THURSDAY MAY 24 ENTRÉE CHOICE	FRIDAY MAY 25 ENTRÉE CHOICE	This Weeks Fruit & Vegetable Bar Offers
 <p><b>My Way Burger</b>                      on a W.W. ROLL                      Cheddar or Mozzarella or American Cheese                      lettuce, tomato, onion                      * <b>BAKED CONFETTI FRIES</b>                      Peas and Carrots                      PEACH CUP, Ketchup  <b>FRUIT &amp; VEGETABLE BAR</b>  <b>MILK CHOICE</b></p>	<p>PANCAKES                      with <b>Hot Cinnamon Apple Slices</b>                      SYRUP                      TURKEY SAUSAGE                      SWEET POTATO BITES                      HUMMUS on a CELERY STICK                      MIXED FRUIT  <b>FRUIT &amp; VEGETABLE BAR</b>  <b>MILK CHOICE</b></p>	<p>ZITI                      PASTA with MEATSAUCE                      TOSSED SALAD with SPINACH &amp; ROMAINE LETTUCE with LOW FAT DRESSING                      WHOLE WHEAT ROLL                      FRESH PEAR  <b>FRUIT &amp; VEGETABLE BAR</b>  <b>MILK CHOICE</b></p>	 <p>CHICKEN NUGGETS                      HONEY or BBQ                      DIPPING SAUCE  <b>BAKED SWEET POTATO FRIES</b>                      MIXED VEGETABLES                      RAISINS                      WHOLE WHEAT ROLL                      Ketchup  <b>FRUIT &amp; VEGETABLE BAR</b>  <b>MILK CHOICE</b></p>	<p>SCHOOL MADE PIZZA                      CHEESE or VEGETABLE                      SALAD with CHICK PEAS,                      SPINACH &amp; ROMAINE &amp; TOMATOES w/ LOW FAT DRESSING                      PEARS, APPLES &amp; ORANGES  <b>FRUIT &amp; VEGETABLE BAR</b>  <b>MILK CHOICE</b></p>	<p><b>Sweet Potato Fries</b>  <b>Broccoli</b>  <b>Sweet potato Bites</b>  <b>Carrots</b>  <b>Spinach</b>  <b>Romaine Lettuce</b>  <b>Tomato</b>  <b>Celery</b>  <b>Potato Rounds</b>  <b>Peppers</b>  <b>Chickpeas</b></p> <p><b>Onions</b>  <b>Hummus</b>  <b>Peaches</b>  <b>Raisins</b>  <b>Orange Smiles</b>  <b>Mixed Fruit</b>  <b>Applesauce</b>  <b>Grapes</b>  <b>Apples</b>  <b>Pears</b>  <b>Pineapple</b></p>

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 Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses  
**ALL ENTRÉES INCLUDE FRUIT AND MILK CHOICE**  
 A La Carte, Deli Sandwich \$ 2.90, Chef Salad \$2.95  
 Hamburger or Cheeseburger or Hot Dogs  
**FRUIT & VEGETABLE BAR DAILY includes**  
 Assorted fresh fruit/100% fruit juice & 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 MAY 28	TUESDAY MAY 29 ENTRÉE CHOICE	WEDNESDAY MAY 30 ENTRÉE CHOICE	THURSDAY MAY 31 ENTRÉE CHOICE	This Weeks Fruit & Vegetable Bar Offers
	<p>BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE                      BAKED SWEET POTATO FRIES                      STEAMED BROCCOLI                      CHILLED MIXED FRUIT  <b>FRUIT &amp; VEGETABLE BAR</b>  <b>MILK CHOICE</b></p>	<p>ZITI                      PASTA with MEATSAUCE                      TOSSED SALAD with SPINACH &amp; ROMAINE LETTUCE with LOW FAT DRESSING                      WHOLE WHEAT ROLL                      FRESH PEAR  <b>FRUIT &amp; VEGETABLE BAR</b>  <b>MILK CHOICE</b></p>	<p>CHEESE QUESADILLA                      FIESTA BROWN RICE                      CORN                      THREE BEAN SALAD                      SALSA, OLIVES, ONIONS                      MIXED FRUIT  <b>FRUIT &amp; VEGETABLE BAR</b>  <b>MILK CHOICE</b></p>	<p><b>Broccoli</b>  <b>Potato Rounds</b>  <b>Carrots</b>  <b>Celery</b>  <b>Romaine Lettuce</b>  <b>Tomato</b>  <b>Onions</b>  <b>Sweet Potato Fries</b>  <b>Cucumbers</b>  <b>Spinach</b>  <b>peppers</b>  <b>Chickpeas</b></p> <p><b>Hummus</b>  <b>Peaches</b>  <b>Raisins</b>  <b>Orange Smiles</b>  <b>Mixed Fruit</b>  <b>100% Juice</b>  <b>Grapes</b>  <b>Apples</b>  <b>Pears</b>  <b>Applesauce</b>  <b>100% Juice</b></p>

ALL ENTRÉES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE

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Milk is available with all lunches  
 Daily Milk Choices include: 1%, Skim, Fat Free Flavored

### SCHOOL LUNCH DEBIT YEAR END POLICY

ALL LUNCH ACCOUNTS negative balances must be paid before the end of the year.  
 ALL LUNCH ACCOUNTS WILL BE TRANSFERRED TO THE NEXT SCHOOL YEAR.  
**EXCEPTIONS**  
 High school seniors and students leaving the Trumbull School system ONLY, can request a refund of monies left in their account. You must have a written request for a refund from a parent or guardian and inform the Manager of Food Services at your school by Wednesday June 6, 2018. All refunds will be mailed to your home. Request for refunds will NOT be accepted after Wednesday June 6, 2018. NO EXCEPTIONS MySchoolBucks  
 Only parents of students leaving or graduating the school system, must remove their account from MSB. Refunds will not be returned from a child's account until confirmation the child has been removed from the MySchoolBucks program



LUNCH PRICES	\$2.85
A la Carte \$	
MILK 8 OZ	\$0.60
JUICE 4OZ	\$0.60
SPRING WATER	\$.85/1.15
SNACKS	\$0.70/1.45
JUICE 100% 8oz - 11.5 oz	\$1.20/1.25
SWITCH JUICE	\$1.45



### 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

mySchoolBucks.com



MENU SUBJECT TO CHANGE WITHOUT NOTICE  
 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.