

**TRUMBULL PUBLIC SCHOOLS  
MIDDLE SCHOOL LUNCH MENU JUNE 1-21, 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.**



				FRIDAY JUNE 1	This Weeks Fruit & Vegetable Bar Offers
				<b>ENTRÉE CHOICE</b>	
				SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES	Broccoli Potato Rounds Carrots Celery Romaine Lettuce Tomato Onions Sweet Potato Fries Cucumbers Spinach peppers Chickpeas
				<b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	Hummus Peaches Raisins Orange Smiles Mixed Fruit 100% Juice Grapes Apples Pears Applesauce 100% Juice

MENU SUBJECT TO CHANGE WITHOUT NOTICE

**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 JUNE 4	TUESDAY JUNE 5	WEDNESDAY JUNE 6	THURSDAY JUNE 7	FRIDAY JUNE 8	This Weeks Fruit & Vegetable Bar Offers
<b>ENTRÉE CHOICE</b> TOASTED CHEESE SANDWICH <i>made with whole wheat bread</i> POTATO ROUNDS MIXED VEGETABLES  Ketchup  ORANGE FRUIT & VEGETABLE BAR MILK CHOICE	<b>ENTRÉE CHOICE</b> BUILD A SOFT TACO with SEASONED 100% BEEF TACO or SEASONED CHICKEN TACO or FEISTA BLACK BEAN TACO LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE DICED CARROTS with CORN PEACHES FRUIT & VEGETABLE BAR MILK CHOICE	<b>ENTRÉE CHOICE</b> ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING  WG ROLL FRESH PEAR FRUIT & VEGETABLE BAR MILK CHOICE	<b>ENTRÉE CHOICE</b> CHILI BEEF over NOODLES  STEAMED BROCCOLI  FRESH CARROT STICKS  WG ROLL FRESH APPLE FRUIT & VEGETABLE BAR MILK CHOICE	<b>ENTRÉE CHOICE</b> 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	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

**ALL ENTREES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE**

*Milk is available with all lunches*

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 Fresh sliced Roast Beef, Turkey Breast, German Bologna, Boiled Ham, Egg or Tuna Salad, Assorted Cheeses

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**FRUIT & VEGETABLE BAR DAILY includes**

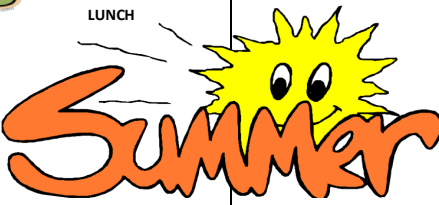
Assorted fresh fruit/100% fruit juice & Assorted hot and cold fresh vegetable sticks or garden salad



MONDAY JUNE 11	TUESDAY JUNE 12	WEDNESDAY JUNE 13	THURSDAY JUNE 14	FRIDAY JUNE 15	This Weeks Fruit & Vegetable Bar Offers
<b>ENTRÉE CHOICE</b>  <b>My Way Burger</b> on a W.W. ROLL Cheddar or Mozzarella or American Cheese lettuce, tomato, onion * BAKED CONFETTI FRIES Peas and Carrots PEACH CUP, Ketchup FRUIT & VEGETABLE BAR MILK CHOICE	<b>ENTRÉE CHOICE</b> PANCAKES with Hot Cinnamon Apple Slices SYRUP TURKEY SAUSAGE SWEET POTATO BITES HUMMUS on a CELERY STICK  MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	<b>ENTRÉE CHOICE</b> ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL  FRESH PEAR FRUIT & VEGETABLE BAR MILK CHOICE	<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 MILK CHOICE	<b>ENTRÉE CHOICE</b> 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	Sweet Potato Fries Broccoli Sweet potato Bites Carrots Spinach Romaine Lettuce Tomato Celery Potato Rounds Peppers Chickpeas
					Onions Hummus Peaches Raisins Orange Smiles Mixed Fruit Applesauce Grapes Apples Pears Pineapple

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MONDAY JUNE 18	TUESDAY JUNE 19	WEDNESDAY JUNE 20	THURSDAY JUNE 21	FRIDAY JUNE 22	This Weeks Fruit & Vegetable Bar Offers
<b>GRILLED CHICKEN SANDWICH</b> on a WHOLE WHEAT ROLL LETTUCE & TOMATO SLICE OVEN FRIES MIXED VEGETABLES  APPLE  <b>FRUIT &amp; VEGETABLE BAR</b> MILK CHOICE	<b>ENTRÉE CHOICE</b> BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI  CHILLED MIXED FRUIT  <b>FRUIT &amp; VEGETABLE BAR</b> MILK CHOICE	<b>ENTRÉE CHOICE</b> <b>LAST CHANCE TO HAVE FRESH SCHOOL MADE PIZZA FOR THIS YEAR</b> WHOLE GRAIN SCHOOL MADE PIZZA CHEESE or VEGETABLE SPINACH & ROMAINE & TOMATO SALAD w/ LOW FAT DRESSING APPLESAUCE <b>FRUIT &amp; VEGETABLE BAR</b> MILK CHOICE	EARLY DISMISSAL NO LUNCH 	NO SCHOOL 	
ALL ENTREES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE					MENU SUBJECT TO CHANGE WITHOUT NOTICE

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**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





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LUNCH PRICES	\$2.85
<u>A la Carte \$</u>	
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



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.