

TRUMBULL PUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU
AUGUST 31 - SEPTEMBER 1-29,2017



WELCOME BACK TO SCHOOL

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.

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



THURSDAY AUG. 31	FRIDAY SEPT. 1	This Weeks Fruit & Vegetable Bar Offers	
ENTRÉE CHOICE	ENTRÉE CHOICE	Sweet Potato Fries	Onions
CHICKEN NUGGETS	SCHOOL MADE PIZZA	Broccoli	Hummus
HONEY or BBQ	CHEESE or	Sweet potato Bites	Peaches
DIPPING SAUCE	VEGETABLE	Carrots	Raisins
BAKED SWEET POTATO FRIES		Spinach	Orange Smiles
MIXED VEGETABLES	SALAD with CHICK PEAS,	Romaine Lettuce	Mixed Fruit
RAISINS	SPINACH & ROMAINE & TOMATOES	Tomato	Applesauce
WHOLE WHEAT ROLL	w/ LOW FAT DRESSING	Celery	Grapes
Ketchup	PEARS,APPLES & ORANGES	Potato Rounds	Apples
FRUIT & VEGETABLE BAR	FRUIT & VEGETABLE BAR	Peppers	Pears
MILK CHOICE	MILK CHOICE	Chickpeas	Pineapple

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MONDAY SEPT 4	TUESDAY SEPT. 5	WEDNESDAY SEPT. 6	THURSDAY SEPT. 7	FRIDAY SEPT. 8	This Weeks Fruit & Vegetable Bar Offers	
ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	Broccoli	Hummus
NO SCHOOL	BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE	ZITI	CHEESE QUESADILLA	SCHOOL MADE PIZZA	Potato Rounds	Peaches
 Labor Day	BAKED SWEET POTATO FRIES	PASTA with MEATSAUCE	FIESTA BROWN RICE	CHEESE or	Carrots	Raisins
	STEAMED BROCCOLI	TOSSED SALAD with	CORN	VEGETABLE	Celery	Orange Smiles
		SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING	THREE BEAN SALAD	SALAD with CHICK PEAS,	Romaine Lettuce	Mixed Fruit
		WHOLE WHEAT ROLL	SALSA, OLIVES, ONIONS	SPINACH & ROMAINE & TOMATOES	Tomato	100% Juice
			MIXED FRUIT	w/ LOW FAT DRESSING	Onions	Grapes
				PEARS,APPLES & ORANGES	Sweet Potato Fries	Apples
					Cucumbers	Pears
					Spinach	Applesauce
					peppers	100% Juice
					Chickpeas	

ALL ENTREES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE
 Milk is available with all lunches

 **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
3. Available at every school kitchen and main office during the school year



What Makes a Lunch?
 Select 3-5 Components

MILK

GRAIN

VEGGIE

FRUIT

PROTEIN

One must be a **FRUIT** OR **VEGGIE**

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.

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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AUGUST 31 - SEPTEMBER 1-29,2017

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

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MONDAY SEPT 11	TUESDAY SEPT 12	WEDNESDAY SEPT. 13	THURSDAY SEPT. 14	FRIDAY SEPT. 15	This Weeks Fruit & Vegetable Bar Offers
ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	
HAMBURGER or CHEESEBURGER on W.G. BUN	BUILD A SOFT TACO with SEASONED 100% BEEF TACO or SEASONED CHICKEN TACO	ZITI	SHAVED STEAK & CHEESE SANDWICH	SCHOOL MADE PIZZA	Chickpeas
OVEN FRIES	LOW FAT CHEESE, SALSA	PASTA with MEATSAUCE	STEAMED BROCCOLI	CHEESE or VEGETABLE	Three Bean Salad
STEAMED VEGETABLES	SHREDDED LETTUCE & TOMATO	TOSSED SALAD with SPINACH & ROMAINE	OVEN FRIES	SALAD with CHICK PEAS,	Mixed Vegetables
LETTUCE & TOMATO, PEACHES	STEAMED BROWN RICE	with LOW FAT DRESSING	FRESH CARROT STICKS	SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING	Corn
Ketchup	DICED CARROTS with CORN	WHOLE WHEAT ROLL		PEARS,APPLES & ORANGES	Carrots / Tomato
FRUIT & VEGETABLE BAR	FRUIT & VEGETABLE BAR	FRUIT & VEGETABLE BAR	FRUIT & VEGETABLE BAR	FRUIT & VEGETABLE BAR	Celery
MILK CHOICE	MILK CHOICE	MILK CHOICE	MILK CHOICE	MILK CHOICE	Romaine Lettuce
					Mashed Potato
					Spinach
					Broccoli
					Peppers
					Humus
					Peaches
					Raisins
					Orange Smiles
					Mixed Fruit
					100% Juice
					Grapes
					Apples
					Pears
					Applesauce
					100% Juice



MONDAY SEPT 18	TUESDAY SEPT. 19	WEDNESDAY SEPT. 20	THURSDAY SEPT. 21	FRIDAY SEPT. 22	This Weeks Fruit & Vegetable Bar Offers
ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	
RIB BQ	W.G. FRENCH TOAST STICKS	ZITI	ROSH HASHANAH	SCHOOL MADE PIZZA	Sweet Potato Fries
SANDWICH	with Hot Cinnamon Apple Slices	PASTA with MEATSAUCE	NO SCHOOL	CHEESE or VEGETABLE	Broccoli
BAKED SWEET POTATO FRIES	SYRUP	TOSSED SALAD with SPINACH & ROMAINE		SALAD with CHICK PEAS,	Sweet potato Bites
MIXED VEGETABLES	TURKEY SAUSAGE	with LOW FAT DRESSING		SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING	Carrots
RAISINS	SWEET POTATO BITES	WHOLE WHEAT ROLL		PEARS,APPLES & ORANGES	Spinach
Ketchup	HUMMUS on a CELERY STICK			FRUIT & VEGETABLE BAR	Romaine Lettuce
FRUIT & VEGETABLE BAR	FRUIT & VEGETABLE BAR	FRUIT & VEGETABLE BAR	FRUIT & VEGETABLE BAR	FRUIT & VEGETABLE BAR	Tomato
MILK CHOICE	MILK CHOICE	MILK CHOICE	MILK CHOICE	MILK CHOICE	Celery
					Potato Rounds
					Peppers
					Chickpeas
					Onions
					Humus
					Peaches
					Raisins
					Orange Smiles
					Mixed Fruit
					Applesauce
					Grapes
					Apples
					Pears
					Pineapple

ALL ENTRÉES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE
Milk is available with all lunches

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

MONDAY SEPT 25	TUESDAY SEPT. 26	WEDNESDAY SEPT. 27	THURSDAY SEPT. 28	FRIDAY SEPT. 29	This Weeks Fruit & Vegetable Bar Offers
ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	ENTRÉE CHOICE	
SRIRACHA CHICKEN SANDWICH on a WHOLE WHEAT ROLL	BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE	ZITI	CHEESE QUESADILLA	SCHOOL MADE PIZZA	Broccoli
OVEN FRIES	BAKED SWEET POTATO FRIES	PASTA with MEATSAUCE	FIESTA BROWN RICE	CHEESE or VEGETABLE	Potato Rounds
MIXED VEGETABLES	STEAMED BROCCOLI	TOSSED SALAD with SPINACH & ROMAINE	CORN	SALAD with CHICK PEAS,	Carrots
		with LOW FAT DRESSING	THREE BEAN SALAD	SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING	Celery
		WHOLE WHEAT ROLL	SALSA, OLIVES, ONIONS	PEARS,APPLES & ORANGES	Romaine Lettuce
			MIXED FRUIT		Tomato
					Onions
					Sweet Potato Fries
					Cucumbers
					Spinach
					peppers
					Chickpeas
					Humus
					Peaches
					Raisins
					Orange Smiles
					Mixed Fruit
					100% Juice
					Grapes
					Apples
					Pears
					Applesauce
					100% Juice

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LUNCH PRICES	\$	2.85
MILK 8 OZ	\$	0.60
JUICE 4OZ	\$	0.60
SPRING WATER		.85/1.15
SNACKS		.70/1.45

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MY SCHOOL BUCKS
online lunch payments