



TRUMBULL PUBLIC SCHOOLS / MIDDLE SCHOOLS MENU JANUARY 2 - FEBRUARY 1, 2019

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.

WEDNESDAY JAN. 2	THURSDAY JAN. 3	FRIDAY JAN. 4	This Weeks Fruit & Vegetable Bar Offers	
	ENTRÉE 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	ENTRÉE CHOICE  CHICKEN NUGGETS BBQ DIPPING SAUCE * BAKED CONFETTI FRIES MIXED VEGETABLES RAISINS WHOLE WHEAT ROLL Ketchup FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE 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	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 Strawberries

ALL ENTRÉES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE




We offer Local Grown Fruit and Vegetables when Available

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



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MONDAY JAN 7	TUESDAY JAN. 8	WEDNESDAY JAN. 9	THURSDAY JAN. 10	FRIDAY JAN. 11	This Weeks Fruit & Vegetable Bar Offers
ENTRÉE CHOICE CHICKEN SANDWICH on a WHOLE WHEAT ROLL LETTUCE & TOMATO SLICE OVEN FRIES MIXED VEGETABLES APPLE FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI CHILLED MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE 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	ENTRÉE CHOICE  CHEESE QUESADILLA FIESTA BROWN RICE CORN THREE BEAN SALAD SALSA, OLIVES, ONIONS MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE 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	Broccoli Potato Rounds Carrots Celery Romaine Lettuce Tomato Onions Sweet Potato Fries Cucumbers Spinach peppers Chickpeas Hummus Peaches Raisins Orange Smiles Mixed Fruit 100% Juice Grapes Apples Pears Applesauce 100% Juice Strawberries

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MONDAY JAN 14	TUESDAY JAN. 15	WEDNESDAY JAN. 16	THURSDAY JAN. 17	FRIDAY JAN. 18	This Weeks Fruit & Vegetable Bar Offers
ENTRÉE CHOICE TOASTED CHEESE SANDWICH made with whole wheat bread POTATO ROUNDS MIXED VEGETABLES Ketchup ORANGE FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE WG CORNBREAD BOWL with SEASONED 100% BEEF or SEASONED CHICKEN or FEISTA BLACK BEAN LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE DICED CARROTS with CORN PEACHES FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE 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	ENTRÉE CHOICE MAC and CHEESE STEAMED BROCCOLI CELERY and CARROT STICKS WG ROLL PEACHES FRESH APPLE FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE 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	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 Strawberries

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MONDAY JAN 21	TUESDAY JAN. 22	WEDNESDAY JAN. 23	THURSDAY JAN. 24	FRIDAY JAN. 25	<i>This Weeks Fruit & Vegetable Bar Offers</i>
MARTIN LUTHER KING	ENTRÉE CHOICE FRENCH TOAST <i>with Hot Cinnamon Apple Slices</i> SYRUP TURKEY SAUSAGE SWEET POTATO BITES HUMMUS on a CELERY STICK PEACHES MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE 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	ENTRÉE CHOICE  CHICKEN NUGGETS HONEY or BBQ DIPPING SAUCE * BAKED CONFETTI FRIES MIXED VEGETABLES RAISINS WHOLE WHEAT ROLL Ketchup FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE 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	Sweet Potato Fries Onions Broccoli Hummus Sweet potato Bites Peaches Carrots Raisins Spinach Orange Smiles Romaine Lettuce Mixed Fruit Tomato Applesauce Celery Grapes Potato Rounds Apples Peppers Pears Chickpeas Strawberries

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MONDAY JAN 28	TUESDAY JAN. 29	WEDNESDAY JAN. 30	THURSDAY JAN. 31	FRIDAY FEBRUARY 1	<i>This Weeks Fruit & Vegetable Bar Offers</i>
ENTRÉE CHOICE CHICKEN SANDWICH <i>on a WHOLE WHEAT ROLL</i> LETTUCE & TOMATO SLICE OVEN FRIES MIXED VEGETABLES APPLE FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI PEACHES CHILLED MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE 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	ENTRÉE CHOICE CHEESE QUESADILLA FIESTA BROWN RICE CORN THREE BEAN SALAD SALSA, OLIVES, ONIONS MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE 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	Broccoli 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 Strawberries

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LUNCH PRICES	\$2.85		
A la Carte \$			
MILK 8 OZ	\$0.60		
JUICE 4OZ	\$0.60		
SPRING WATER	\$.85/1.15		
SNACKS	\$	0.85	
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
3. Available at every school kitchen and main office during the school year

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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.

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