

TRUMBULL PUBLIC SCHOOLS MIDDLE SCHOOLS LUNCH MENU
JUNE 1-20,2017

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.

 <p align="center">Eat Smart to Play Hard</p> <p align="center">Eat fruits & veggies at meals & for snacks</p>	<p align="center">THURSDAY JUNE 1</p> <p align="center">ENTRÉE CHOICE</p> <p align="center">CHEESE QUESADILLA FIESTA BROWN RICE CORN THREE BEAN SALAD SALSA, OLIVES, ONIONS MIXED FRUIT</p> <p align="center">FRUIT & VEGETABLE BAR</p> <p align="center">MILK CHOICE</p>	<p align="center">FRIDAY JUNE 2</p> <p align="center">ENTRÉE CHOICE</p> <p align="center">SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES</p> <p align="center">FRUIT & VEGETABLE BAR</p> <p align="center">MILK CHOICE</p>	<p align="center"><i>This Weeks Fruit & Vegetable Bar Offers</i></p> <table border="0"> <tr> <td>Broccoli</td> <td>Hummus</td> </tr> <tr> <td>Potato Rounds</td> <td>Peaches</td> </tr> <tr> <td>Carrots</td> <td>Raisins</td> </tr> <tr> <td>Celery</td> <td>Orange Smiles</td> </tr> <tr> <td>Romaine Lettuce</td> <td>Mixed Fruit</td> </tr> <tr> <td>Tomato</td> <td>100% Juice</td> </tr> <tr> <td>Onions</td> <td>Grapes</td> </tr> <tr> <td>Sweet Potato Fries</td> <td>Apples</td> </tr> <tr> <td>Cucumbers</td> <td>Pears</td> </tr> <tr> <td>Spinach</td> <td>Applesauce</td> </tr> <tr> <td>peppers</td> <td>100% Juice</td> </tr> <tr> <td>Chickpeas</td> <td></td> </tr> </table>	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	
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<small>MENU SUBJECT TO CHANGE WITHOUT NOTICE</small>																											

ALL ENTRÉES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE

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 Monday *June 5, 2017*. All refunds will be mailed to your home. Request for refunds will NOT be accepted after Monday *June 5, 2017*. **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



menu subject to change

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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\$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

MONDAY JUNE 5	TUESDAY JUNE 6	WEDNESDAY JUNE 7	THURSDAY JUNE 8	FRIDAY JUNE 9	<i>This Weeks Fruit & Vegetable Bar Offers</i>
ENTRÉE CHOICE CHICKEN TENDERS HONEY CATSUP or BBQ DIPPING SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI RAISINS WHOLE WHEAT ROLL <i>Ketchup</i> FRUIT & VEGETABLE BAR MILK CHOICE	BUILD A SOFT TACO with SEASONED 100% BEEF or SEASONED CHICKEN TACO LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE <i>PEACHES</i> FRUIT & VEGETABLE BAR MILK CHOICE <i>PEACHES</i> FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL <i>FRESH PEAR</i> FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE TANGERINE CHICKEN over BROWN RICE STEAMED BROCCOLI W.G.ROLL VEGETABLE MEDLEY <i>FRESH APPLE</i> FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING <i>PEARS,APPLES & ORANGES</i> 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

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



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MONDAY JUNE 12	TUESDAY JUNE 13	WEDNESDAY JUNE 14	THURSDAY JUNE 15	FRIDAY JUNE 16	<i>This Weeks Fruit & Vegetable Bar Offers</i>
ENTRÉE CHOICE HAMBURGER or CHEESEBURGER on W.G. BUN OVEN FRIES STEAMED VEGETABLES LETTUCE & TOMATO, PEACHES <i>Ketchup</i> FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE W.G. FRENCH TOAST STICKS <i>with Hot Cinnamon Apple Slices</i> SYRUP TURKEY SAUSAGE SWEET POTATO BITES HUMMUS on a CELERY STICK <i>MIXED FRUIT</i> FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL <i>FRESH PEAR</i> FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE TOASTED CHEESE SANDWICH on WHOLE WHEAT BAKED POTATO ROUNDS SPINACH TOMATO VEGETABLE SOUP <i>MIXED FRUIT</i> FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING <i>PEARS,APPLES & ORANGES</i> 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

ALL ENTREES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE

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MONDAY JUNE 19	TUESDAY JUNE 20		
Early Closing NO LUNCH SERVED	Early Closing NO LUNCH SERVED		



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Milk is available with all lunches

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

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.