


**TRUMBULLPUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU
FEBRUARY 1-28,2018**

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.

	THURSDAY FEB. 1 ENTRÉE CHOICE TOASTED CHEESE SANDWICH on WHOLE WHEAT BAKED POTATO ROUNDS SPINACH TOMATO VEGETABLE SOUP MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	FRIDAY FEB. 2 ENTRÉE CHOICE SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOS w/ LOW FAT DRESSING PEARS,APPLES & ORANGES FRUIT & VEGETABLE BAR MILK CHOICE	This Weeks Fruit & Vegetable Bar Offers 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 FEB. 5 ENTRÉE CHOICE SRIRACHA CHICKEN SANDWICH on a WHOLE WHEAT ROLL OVEN FRIES MIXED VEGETABLES FRUIT & VEGETABLE BAR MILK CHOICE	TUESDAY FEB. 6 ENTRÉE CHOICE CHILI HOT DOG Served on a WHOLE WHEAT BUN BAKED BEANS STEAMED SPINACH w/ CHICKPEAS CHILLED MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	WEDNESDAY FEB. 7 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	THURSDAY FEB. 8 ENTRÉE CHOICE CHEESE QUESADILLA FIESTA BROWN RICE CORN THREE BEAN SALAD SALSAS, OLIVES, ONIONS MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	FRIDAY FEB. 9 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	This Weeks Fruit & Vegetable Bar Offers 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
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MENU SUBJECT TO CHANGE WITHOUT NOTICE



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MONDAY FEB. 12 ENTRÉE CHOICE PINWHEELS, cheese & pepperoni filled with low fat cheese & reduced fat turkey pepperoni, topped with marinara sauce FRESH GARDEN SALAD with DRESSING PEACHES FRUIT & VEGETABLE BAR MILK CHOICE	TUESDAY FEB. 13 ENTRÉE CHOICE BUILD A SOFT TACO with SEASONED 100% BEEF TACO or SEASONED CHICKEN TACO LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE DICED CARROTS with CORN PEACHES FRUIT & VEGETABLE BAR MILK CHOICE	WEDNESDAY FEB. 14 ENTRÉE CHOICE ZITI PASTA with MEATSAUCE or Fish Sandwich on a WG Roll TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING HEART SHAPED WG PRETZEL FRESH PEAR FRUIT & VEGETABLE BAR MILK CHOICE	THURSDAY FEB. 15 ENTRÉE CHOICE SHAVED STEAK & CHEESE SANDWICH STEAMED BROCCOLI OVEN FRIES FRESH CARROT STICKS FRESH APPLE FRUIT & VEGETABLE BAR MILK CHOICE	FRIDAY FEB. 16 NO SCHOOL	This Weeks Fruit & Vegetable Bar Offers 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
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*Milk is available with all lunches
Daily Milk Choices include: 1%, Skim, Fat Free Flavored*



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MONDAY FEB. 19	TUESDAY FEB. 20	WEDNESDAY FEB. 21	THURSDAY FEB. 22	FRIDAY FEB. 23	<i>This Weeks Fruit & Vegetable Bar Offers</i>
 PRESIDENT'S DAY! NO SCHOOL	ENTRÉE CHOICE W.G.FRENCH TOAST STICKS with Hot Cinnamon Apple Slices SYRUP TURKEY SAUSAGE SWEET POTATO BITES HUMMUS on a CELERY STICK 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 or Fish Sandwich on a WG Roll SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES FRUIT & VEGETABLE BAR MILK CHOICE	This Weeks Fruit & Vegetable Bar Offers 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 FEB. 26	TUESDAY FEB. 27	WEDNESDAY FEB. 28			<i>This Weeks Fruit & Vegetable Bar Offers</i>
ENTRÉE CHOICE SRIRACHA CHICKEN SANDWICH on a WHOLE WHEAT ROLL OVEN FRIES MIXED VEGETABLES FRUIT & VEGETABLE BAR MILK CHOICE	ENTRÉE CHOICE CHILI HOT DOG Served on a WHOLE WHEAT BUN BAKED BEANS STEAMED SPINACH w/ CHICKPEAS 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			This Weeks Fruit & Vegetable Bar Offers 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

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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



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

