

**TRUMBULL PUBLIC SCHOOLS  
MIDDLE SCHOOL SCHOOL LUNCH MENU  
MAY 1-31, 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.

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MONDAY MAY 15	TUESDAY MAY 16	WEDNESDAY MAY 17	THURSDAY MAY 18	FRIDAY MAY 19	This Weeks Fruit & Vegetable Bar Offers
<b>ENTRÉE CHOICE</b>	<b>ENTRÉE CHOICE</b> <b>NEW ITEM</b> <b>BUILD A SOFT TAC</b> with SEASONED 100% BEEF TACO or SEASONED CHICKEN TACO LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE DICED CARROTS with CORN PEACHES	<b>ENTRÉE CHOICE</b> ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL	<b>ENTRÉE CHOICE</b> SHAVED STEAK & CHEESE SANDWICH STEAMED BROCCOLI OVEN FRIES FRESH CARROT STICKS	<b>ENTRÉE CHOICE</b> SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES	<b>Chickpeas</b> <b>Three Bean Salad</b> <b>Mixed Vegetables</b> <b>Corn</b> <b>Carrots / Tomato</b> <b>Celery</b> <b>Romaine Lettuce</b> <b>Mashed Potato</b> <b>Spinach</b> <b>Broccoli</b> <b>Peppers</b>
<b>BEEF TIPS IN GRAVY</b> over MASHED POTATOES STEAMED MATCHSTICK CARROTS W.G. ROLL	<b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>Hummus</b> <b>Peaches</b> <b>Raisins</b> <b>Orange Smiles</b> <b>Mixed Fruit</b> <b>100% Juice</b> <b>Grapes</b> <b>Apples</b> <b>Pears</b> <b>Applesauce</b> <b>100% Juice</b>



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MONDAY MAY 22	TUESDAY MAY 23	WEDNESDAY MAY 24	THURSDAY MAY 25	FRIDAY MAY 26	This Weeks Fruit & Vegetable Bar Offers
<b>ENTRÉE CHOICE</b> RIB BQ SANDWICH	<b>ENTRÉE CHOICE</b> W.G. FRENCH TOAST STICKS with Hot Cinnamon Apple Slices SYRUP TURKEY SAUSAGE SWEET POTATO BITES HUMMUS on a CELERY STICK	<b>ENTRÉE CHOICE</b> ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL	<b>ENTRÉE CHOICE</b> TOASTED CHEESE SANDWICH on WHOLE WHEAT BAKED POTATO ROUNDS SPINACH TOMATO VEGETABLE SOUP MIXED FRUIT	<b>ENTRÉE CHOICE</b> SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING PEARS, APPLES & ORANGES	<b>Sweet Potato Fries</b> <b>Broccoli</b> <b>Sweet potato Bites</b> <b>Carrots</b> <b>Spinach</b> <b>Romaine Lettuce</b> <b>Tomato</b> <b>Celery</b> <b>Potato Rounds</b> <b>Peppers</b> <b>Chickpeas</b>
<b>BAKED SWEET POTATO FRIES</b> MIXED VEGETABLES RAISINS Ketchup	<b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>Onions</b> <b>Hummus</b> <b>Peaches</b> <b>Raisins</b> <b>Orange Smiles</b> <b>Mixed Fruit</b> <b>Applesauce</b> <b>Grapes</b> <b>Apples</b> <b>Pears</b> <b>Pineapple</b>

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



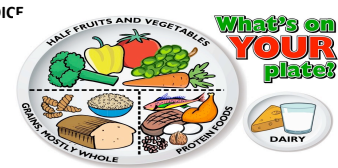
**Daily Milk Choices include: 1%, Skim, Fat Free Flavored**

MONDAY MAY 29	TUESDAY MAY 30	WEDNESDAY MAY 31		This Weeks Fruit & Vegetable Bar Offers
<b>ENTRÉE CHOICE</b>  <b>Memorial Day</b> <b>NO SCHOOL</b>	<b>ENTRÉE CHOICE</b> BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI CHILLED MIXED FRUIT	<b>ENTRÉE CHOICE</b> ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL FRESH PEAR		<b>Broccoli</b> <b>Potato Rounds</b> <b>Carrots</b> <b>Celery</b> <b>Romaine Lettuce</b> <b>Tomato</b> <b>Onions</b> <b>Sweet Potato Fries</b> <b>Cucumbers</b> <b>Spinach</b> <b>peppers</b> <b>Chickpeas</b>
	<b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>	<b>FRUIT &amp; VEGETABLE BAR</b> <b>MILK CHOICE</b>		<b>Hummus</b> <b>Peaches</b> <b>Raisins</b> <b>Orange Smiles</b> <b>Mixed Fruit</b> <b>100% Juice</b> <b>Grapes</b> <b>Apples</b> <b>Pears</b> <b>Applesauce</b> <b>100% Juice</b>

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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

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



MENU SUBJECT TO CHANGE WITHOUT NOTICE

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

mySchoolBucks.com

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

**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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**JUNE 1-20,2017**

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**\$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*

MONDAY JUNE 5	TUESDAY JUNE 6	WEDNESDAY JUNE 7	THURSDAY JUNE 8	FRIDAY JUNE 9	<i>This Weeks Fruit &amp; Vegetable Bar Offers</i>
<b>ENTRÉE CHOICE</b>  CHICKEN TENDERS HONEY CATSUP or BBQ DIPPING SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI RAISINS WHOLE WHEAT ROLL <i>Ketchup</i> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	<b>BUILD A SOFT TACO</b> with SEASONED 100% BEEF or SEASONED CHICKEN TACO LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE <i>PEACHES</i> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b> <i>PEACHES</i> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL  <i>FRESH PEAR</i> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  TANGERINE CHICKEN over BROWN RICE STEAMED BROCCOLI W.G.ROLL VEGETABLE MEDLEY  <i>FRESH APPLE</i> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  SCHOOL MADE PIZZA CHEESE or VEGETABLE SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING <i>PEARS,APPLES &amp; ORANGES</i> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	<b>Chickpeas</b> <b>Three Bean Salad</b> <b>Mixed Vegetables</b> <b>Corn</b> <b>Carrots / Tomato</b> <b>Celery</b> <b>Romaine Lettuce</b> <b>Mashed Potato</b> <b>Spinach</b> <b>Broccoli</b> <b>Peppers</b>  <b>Hummus</b> <b>Peaches</b> <b>Raisins</b> <b>Orange Smiles</b> <b>Mixed Fruit</b> <b>100% Juice</b> <b>Grapes</b> <b>Apples</b> <b>Pears</b> <b>Applesauce</b> <b>100% Juice</b>

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



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**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 12	TUESDAY JUNE 13	WEDNESDAY JUNE 14	THURSDAY JUNE 15	FRIDAY JUNE 16	<i>This Weeks Fruit &amp; Vegetable Bar Offers</i>
<b>ENTRÉE CHOICE</b>  HAMBURGER or CHEESEBURGER on W.G. BUN OVEN FRIES STEAMED VEGETABLES LETTUCE & TOMATO, PEACHES <i>Ketchup</i> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  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> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  ZITI PASTA with MEATSAUCE TOSSED SALAD with SPINACH & ROMAINE LETTUCE with LOW FAT DRESSING WHOLE WHEAT ROLL  <i>FRESH PEAR</i> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  TOASTED CHEESE SANDWICH on WHOLE WHEAT BAKED POTATO ROUNDS SPINACH  TOMATO VEGETABLE SOUP <i>MIXED FRUIT</i> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	<b>ENTRÉE CHOICE</b>  SCHOOL MADE PIZZA CHEESE or VEGETABLE  SALAD with CHICK PEAS, SPINACH & ROMAINE & TOMATOES w/ LOW FAT DRESSING <i>PEARS,APPLES &amp; ORANGES</i> <b>FRUIT &amp; VEGETABLE BAR MILK CHOICE</b>	<b>Sweet Potato Fries</b> <b>Broccoli</b> <b>Sweet potato Bites</b> <b>Carrots</b> <b>Spinach</b> <b>Romaine Lettuce</b> <b>Tomato</b> <b>Celery</b> <b>Potato Rounds</b> <b>Peppers</b> <b>Chickpeas</b>  <b>Onions</b> <b>Hummus</b> <b>Peaches</b> <b>Raisins</b> <b>Orange Smiles</b> <b>Mixed Fruit</b> <b>Applesauce</b> <b>Grapes</b> <b>Apples</b> <b>Pears</b> <b>Pineapple</b>

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

**ALL ENTREES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE**  
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*Daily Milk Choices include: 1%, Skim, Fat Free Flavored*

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MONDAY JUNE 19	TUESDAY JUNE 20		
Early Closing  <b>NO LUNCH SERVED</b>	Early Closing  <b>NO LUNCH SERVED</b>		



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**ALL ENTREES INCLUDE ACCOMPANYING VEGETABLES & FRUIT & MILK CHOICE**  
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[mySchoolBucks.com](http://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.