

TRUMBULL PUBLIC SCHOOLS
TRUMBULL HIGH SCHOOL
BREAKFAST LUNCH MENU

AUGUST 31, SEPTEMBER 1, 2017

BREAKFAST COMBO

START YOUR DAY
RIGHT WITH A
HEALTHY
BREAKFAST COMBO



STUDENTS MUST CHOOSE A COMPLETE BREAKFAST COMBO TO BE ELIGIBLE FOR THE COMBO PRICING FOR PAID, FREE OR REDUCED. THE COMBO CHOICES ARE **Choice one**, 8 oz. Milk Choice **Choice one**, fresh fruit, juice or fruit cup **Includes one** Protein component and **one** Grain component 4 oz yogurt, string cheese, egg & cheese sandwich, **cereal, bagel or muffin**. MUST TAKE 3 OF THE 4 COMPONENTS TO MAKE A COMBO BREAKFAST

\$2.00

FRUIT & VEGETABLE BAR
Assorted fresh fruit, 100% juice & assorted hot and cold fresh vegetable sticks or garden salad

Available Daily

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



<p>"Eagle Nest Café"</p> <p>Combo Meals Students - \$3.00 Adults \$4.35</p>

THURSDAY	FRIDAY
Pasta with Marinara Sauce or Meat sauce, W.G. Roll Fresh Garden Salad Spinach, Romaine, tomato, cukes Salad w/ low Fat Dressing MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	Fresh Baked Pizza Whole Wheat Pizza Wedge Cheese or Vegetable Garden Salad with Spinach, Romaine, tomato, cukes w/ low Fat Dressing 100% 4oz Juice FRUIT & VEGETABLE BAR MILK CHOICE



<p>"Deli Depot"</p> <p>Made to order & Grab and Go</p> <p>Combo Bundle Meal and A La Carte</p>
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<p>Prepared Fresh Daily</p> <p>Deli Bundle Meal Turkey Breast, Ham, Bologna, Chicken Breast, Roast Beef, Egg Salad, Tuna Salad American Cheese, Swiss Cheese</p> <p>Choose One Lettuce & Tomato slices, Baby Carrots Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choice</p> <p>\$3.75 Grab and Go A la Carte Sandwich only, \$3.65</p>	<p>Board of Health</p>
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<p>"Golden Eagle Grill"</p> <p>Grab and Go</p> <p>Combo Meal and A La Carte</p>

<p>Monday, Tuesday, Wednesday & Thursday Personal Pizza Monday, Wednesday Friday * Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun Tuesday & Thursday * Veggie Burger, Cheeseburger, Hamburger, Spicy Chicken Patty or All Beef Hot Dog on a Whole Wheat Bun</p> <p>\$3.00 A La Carte only, \$2.10 / \$2.90</p>	<p>Prepared Fresh Daily</p>
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<p>"Salad Depot"</p> <p>Made to order & Grab and Go</p> <p>Combo Bundle Meal and A La Carte</p>

<p>Prepared Fresh Daily</p> <p>Salad Bundle Meal Assorted lettuce, vegetables and proteins Includes Whole Wheat Bread Stix, and Fruit and Milk Choice</p> <p>Premade Salad meal, includes bread, fruit and milk \$3.75 Grab and Go A la Carte Protein Salad, \$3.65 Large Garden A La Carte Salad \$2.45</p>	<p>Daily Specials</p>
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This Weeks Fruit & Vegetable Bar Offers	
Chic Peas	Cabbage
Green Bean Salad	Hummus
Mixed Vegetables	Peaches
Corn	Raisins
Carrots	Orange
Celery	Mixed Fruit
Romaine Lettuce	100% Juice
Tomato	Grapes
Spinach	Apples
Broccoli	Pears
Peppers	Applesauce
Sweet Potato Fries	100% Juice
Cucumbers	Banana
Onions	Strawberries
Peas	
Onion Rings	
Mashed Potato	

We offer Local Grown Fruit and Vegetables when Available



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



Each Meal Includes Choice of:
Fruit: Fresh, Canned in Lite Syrup or 100% Fruit Juice
Milk

www.myschoolbucks.com



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

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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.

TRUMBULL PUBLIC SCHOOLS
TRUMBULL HIGH SCHOOL
BREAKFAST LUNCH MENU

SEPTEMBER 4-8, 2017

BREAKFAST COMBO

START YOUR DAY
RIGHT WITH A
HEALTHY
BREAKFAST COMBO

wake up!
School Breakfast



STUDENTS MUST CHOOSE A COMPLETE BREAKFAST COMBO TO BE ELIGIBLE FOR THE COMBO PRICING FOR PAID, FREE OR REDUCED THE COMBO CHOICES ARE **Choice one**, 8 oz. Milk Choice **Choice one**, fresh fruit, juice or fruit cup **Includes one** Protein component and **one** Grain component 4 oz yogurt, string cheese, egg & cheese sandwich, **cereal, bagel or muffin** MUST TAKE 3 OF THE 4 COMPONENTS TO MAKE A

COMBO BREAKFAST
\$2.00

FRUIT & VEGETABLE BAR

Assorted fresh fruit, 100% juice & assorted hot and cold fresh vegetable sticks or garden salad Available Daily or both to complete a meal

MENU SUBJECT TO CHANGE WITHOUT NOTICE



Each Meal Includes Choice of:

Fruit: Fresh, Canned in Lite Syrup or 100% Fruit Juice
Milk

www.myschoolbucks.com

Milk is available with all meals

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"Eagle Nest Café"</p> <p>Combo Meals Students - \$3.00 Adults \$4.35</p>	<p>NO SCHOOL</p> <p>Labor Day</p>	<p>BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI PEACHES FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>CHEESE QUESADILLA FIESTA BROWN RICE CORN THREE BEAN SALAD SALSA, OLIVES, ONIONS MIXED FRUIT & 100% 4oz JUICE FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>Pasta with Marinara Sauce or Meat sauce, W.G. Roll Fresh Garden Salad Spinach, Romaine, tomato, cukes Salad w/ low Fat Dressing MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>Fresh Baked Pizza Whole Wheat Pizza Wedge Cheese or Vegetable Garden Salad with Spinach, Romaine, tomato, cukes w/ low Fat Dressing 100% 4oz Juice FRUIT & VEGETABLE BAR MILK CHOICE</p>
<p>"Deli Depot"</p> <p>Made to order & Grab and Go Combo Bundle Meal and A La Carte</p>	<p>Board of Food</p> <p>Deli Bundle Meal Turkey Breast, Ham, Bologna, Chicken Breast, Roast Beef, Egg Salad, Tuna Salad American Cheese, Swiss Cheese</p> <p>Choose One Lettuce & Tomato slices, Baby Carrots Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choice \$3.75 Grab and Go A la Carte Sandwich only, \$3.65</p>				
<p>"Golden Eagle Grill"</p> <p>Grab and Go Combo Meal and A La Carte</p>	<p>Monday, Tuesday, Wednesday & Thursday Personal Pizza Monday, Wednesday Friday * Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun Tuesday & Thursday * Veggie Burger, Cheeseburger, Hamburger, Spicy Chicken Patty or All Beef Hot Dog on a Whole Wheat Bun</p> <p>\$3.00 A La Carte only, \$2.10 / \$2.90</p>				
<p>"Salad Depot"</p> <p>Made to order & Grab and Go Combo Bundle Meal and A La Carte</p>	<p>Daily Specials</p> <p>Salad Bundle Meal Assorted lettuce, vegetables and proteins Includes Whole Wheat Bread Stix, and Fruit and Milk Choice Premade Salad meal, includes bread, fruit and milk \$3.75 Grab and Go A la Carte Protein Salad, \$3.65 Large Garden A La Carte Salad \$2.45</p>				



This Weeks Fruit & Vegetable Bar Offers

Chic Peas	Cabbage
Green Bean Salad	Hummus
Mixed Vegetables	Peaches
Corn	Raisins
Carrots	Orange
Celery	Mixed Fruit
Romaine Lettuce	100% Juice
Tomato	Grapes
Spinach	Apples
Broccoli	Pears
Peppers	Applesauce
Baked Fries	100% Juice
Cucumbers	Banana
Onions	Strawberries
Peas	
Onion Rings	

We offer Local Grown Fruit and Vegetables when Available



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

One must be a
FRUIT OR VEGGIE

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**TRUMBULL PUBLIC SCHOOLS
TRUMBULL HIGH SCHOOL
BREAKFAST LUNCH MENU**

SEPTEMBER 11-15, 2017

BREAKFAST COMBO

**START YOUR DAY
RIGHT WITH A
HEALTHY
BREAKFAST COMBO**



STUDENTS MUST CHOOSE A COMPLETE BREAKFAST COMBO TO BE ELIGIBLE FOR THE COMBO PRICING FOR PAID, FREE OR REDUCED THE COMBO CHOICES ARE

Choice one, 8 oz. Milk Choice
Choice one, fresh fruit, juice or fruit cup
Includes one Protein component and **one** Grain component
4 oz yogurt, string cheese, egg & cheese sandwich, **cereal, bagel or muffin**
MUST TAKE 3 OF THE 4 COMPONENTS TO MAKE A

COMBO BREAKFAST
\$2.00

FRUIT & VEGETABLE BAR

Assorted fresh fruit, 100% juice & assorted hot and cold fresh vegetable sticks or

garden salad
Available Daily

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



MENU SUBJECT TO CHANGE WITHOUT NOTICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
"Eagle Nest Café" <i>Combo Meals</i> Students - \$3.00 Adults \$4.35	BUILD A SOFT TACO with SEASONED 100% BEEF or SEASONED CHICKEN TACO LOW FAT CHEESE, SALSA SHREDDED LETTUCE & TOMATO STEAMED BROWN RICE PEACHES FRUIT & VEGETABLE BAR MILK CHOICE	MEATBALL PARMESAN on a W.G. GRINDER ROLL SWEET POTATO FRIES MIXED VEGETABLES PEACHES FRUIT & VEGETABLE BAR MILK CHOICE	<i>BEEF TIPS</i> in gravy over MASHED POTATOES STEAMED BROCCOLI W.G. ROLL ORANGE FRUIT & VEGETABLE BAR MILK CHOICE	Pasta with Marinara Sauce or Meat sauce, W.G. Roll Fresh Garden Salad Spinach, Romaine, tomato, cukes Salad w/ low Fat Dressing MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE	Fresh Baked Pizz Whole Wheat Pizza Wedge Cheese or Vegetable Garden Salad with Spinach, Romaine, tomato, cukes w/ low Fat Dressing Grapes & 100% 4oz Juice FRUIT & VEGETABLE BAR MILK CHOICE
"Deli Depot" <i>Made to order & Grab and Go</i> <i>Combo Bundle Meal and A La Carte</i>	Deli Bundle Meal Turkey Breast, Ham, Bologna, Chicken Breast, Roast Beef, Egg Salad, Tuna Salad American Cheese, Swiss Cheese Choose One Lettuce & Tomato slices, Baby Carrots Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choice \$3.75 Grab and Go A la Carte Sandwich only, \$3.65				
"Golden Eagle Grill" <i>Grab and Go</i> <i>Combo Meal and A La Carte</i>	Monday, Tuesday, Wednesday & Thursday Personal Pizza Monday, Wednesday Friday * Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun Tuesday & Thursday * Veggie Burger, Cheeseburger, Hamburger, Spicy Chicken Patty or All Beef Hot Dog on a Whole Wheat Bun \$3.00 A La Carte only, \$2.10 / \$2.90				
"Salad Depot" <i>Made to order & Grab and Go</i> <i>Combo Bundle Meal and A La Carte</i>	Salad Bundle Meal Assorted lettuce, vegetables and proteins Includes Whole Wheat Bread Stix, and Fruit and Milk Choice Premade Salad meal, includes bread, fruit and milk \$3.75 Grab and Go A la Carte Protein Salad, \$3.65 Large Garden A La Carte Salad \$2.45				

Each Meal Includes Choice of:
Fruit: Fresh, Canned in Lite Syrup or 100% Fruit Juice
Milk

www.myschoolbucks.com

Milk is available with all meals

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

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This Weeks Fruit & Vegetable Bar Offers

Celery	Hummus
Carrots	Orange Smiles
Corn	Mixed Fruit
Sweet Potato Bites	Applesauce
Spinach	Grapes
Romaine Lettuce	Apples
Tomato	Pears
Broccoli	Pineapple
Peppers	Peaches
Mashed Potato	Banana
Salsa	

We offer Local Grown Fruit and Vegetables when Available



Free and Reduced Lunch Applications are:
 1. Sent home with every student the first day of school
 2. Available on-line, www.trumbullps.org/foodservices
 3. Available at every school kitchen and main office during the school year

TRUMBULL PUBLIC SCHOOLS
TRUMBULL HIGH SCHOOL
BREAKFAST LUNCH MENU

SEPTEMBER 18-22, 2017

BREAKFAST COMBO

START YOUR DAY
RIGHT WITH A
HEALTHY
BREAKFAST COMBO



STUDENTS MUST CHOOSE A COMPLETE BREAKFAST COMBO TO BE ELIGIBLE FOR THE COMBO PRICING FOR PAID, FREE OR REDUCED. THE COMBO CHOICES ARE Choice one, 8 oz. Milk Choice Choice one, fresh fruit, juice or fruit cup. Includes one Protein component and one Grain component. 4 oz yogurt, string cheese, egg & cheese sandwich, cereal, bagel or muffin. MUST TAKE 3 OF THE 4 COMPONENTS TO MAKE A COMBO BREAKFAST.

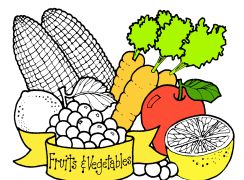
\$2.00

FRUIT & VEGETABLE BAR
Assorted fresh fruit, 100% juice & assorted hot and cold fresh vegetable sticks or garden salad.
Available Daily
Students must choose one fruit or vegetable or both to complete a meal



MENU SUBJECT TO CHANGE WITHOUT NOTICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
"Eagle Nest Café" <i>Combo Meals</i> Students - \$3.00 Adults \$4.35	TANGERINE CHICKEN over BROWN RICE MIXED VEGETABLES WHOLE WHEAT ROLL FRUIT & VEGETABLE BAR MILK CHOICE	CHEESEBURGER on a WHOLE WHEAT ROLL LETTUCE & TOMATO GREEN PEAS BABY CARROTS with HUMMUS PEACH CUP Ketchup FRUIT & VEGETABLE BAR MILK CHOICE	Hot Dog with Chili or RIB B Q on a WG ROLL Baked Beans Onion Rings Mixed Vegetables Ketchup, Mustard FRUIT & VEGETABLE BAR MILK CHOICE	ROSH HASHANAH NO SCHOOL	Fresh Baked Pizza Whole Wheat Pizza Wedge Cheese or Vegetable Garden Salad with Spinach, Romaine, tomato, cukes w/ low Fat Dressing Grapes & 100% 4oz Juice FRUIT & VEGETABLE BAR MILK CHOICE
"Deli Depot" <i>Made to order & Grab and Go</i> Combo Bundle Meal and A La Carte	 Deli Bundle Meal Turkey Breast, Ham, Bologna, Chicken Breast, Roast Beef, Egg Salad, Tuna Salad American Cheese, Swiss Cheese Choose One Lettuce & Tomato slices, Baby Carrots Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choice \$3.75 Grab and Go A la Carte Sandwich only, \$3.65				
"Golden Eagle Grill" <i>Grab and Go</i> Combo Meal and A La Carte	Monday, Tuesday, Wednesday & Thursday Personal Pizza Monday, Wednesday Friday * Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun Tuesday & Thursday * Veggie Burger, Cheeseburger, Hamburger, Spicy Chicken Patty or All Beef Hot Dog on a Whole Wheat Bun \$3.00 A La Carte only. \$2.10 / \$2.90				
"Salad Depot" <i>Made to order & Grab and Go</i> Combo Bundle Meal and A La Carte	 Salad Bundle Meal Assorted lettuce, vegetables and proteins Includes Whole Wheat Bread Stix, and Fruit and Milk Choice Premade Salad meal, includes bread, fruit and milk \$3.75 Grab and Go A la Carte Protein Salad , \$3.65 Large Garden A La Carte Salad \$2.45				



This Weeks Fruit & Vegetable Bar Offers	
Chic Peas	Cabbage
Green Bean Salad	Hummus
Mixed Vegetables	Peaches
Corn	Raisins
Carrots	Orange
Celery	Mixed Fruit
Romaine Lettuce	100% Juice
Tomato	Grapes
Spinach	Apples
Broccoli	Pears
Peppers	Applesauce
Sweet Potato Fries	100% Juice
Cucumbers	Banana
Onions	Strawberries
Peas	
Onion Rings	
Mashed Potato	

We offer Local Grown Fruit and Vegetables when Available



mySchoolBucks.com
MY SCHOOL BUCKS
online lunch payments

Each Meal Includes Choice of:
Fruit: Fresh, Canned in Lite Syrup or 100% Fruit Juice
Milk

www.myschoolbucks.com

Milk is available with all meals

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



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**TRUMBULL PUBLIC SCHOOLS
TRUMBULL HIGH SCHOOL
BREAKFAST LUNCH MENU**

SEPTEMBER 25-29, 2017

BREAKFAST COMBO

**START YOUR DAY
RIGHT WITH A
HEALTHY
BREAKFAST COMBO**



STUDENTS MUST CHOOSE A COMPLETE BREAKFAST COMBO TO BE ELIGIBLE FOR THE COMBO PRICING FOR PAID, FREE OR REDUCED THE COMBO CHOICES ARE Choice one, 8 oz. Milk Choice Choice one, fresh fruit, juice or fruit cup Includes one Protein component and one Grain component 4 oz yogurt, string cheese, egg & cheese sandwich, cereal, bagel or muffin MUST TAKE 3 OF THE 4 COMPONENTS TO MAKE A

COMBO BREAKFAST
\$2.00

FRUIT & VEGETABLE BAR

Assorted fresh fruit, 100% juice & assorted hot and cold fresh vegetable sticks or garden salad Available Daily or both to complete a meal



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"Eagle Nest Café"</p> <p><i>Combo Meals</i></p> <p>Students - \$3.00 Adults \$4.35</p>	<p>CHICKEN TENDERS HONEY or BBQ DIPPING SAUCE BAKED SWEET POTATO FRIES MIXED VEGETABLES RAISINS WHOLE WHEAT ROLL <i>Ketchup</i> FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>BREADED MOZZARELLA STICKS <small>(low fat)</small> with MARINARA SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI PEACHES FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>CHEESE QUESADILLA FIESTA BROWN RICE CORN THREE BEAN SALAD SALSA, OLIVES, ONIONS MIXED FRUIT & 100% 4oz JUICE FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>Pasta with Marinara Sauce or Meat sauce, W.G. Roll Fresh Garden Salad Spinach, Romaine, tomato, cukes Salad w/ low Fat Dressing MIXED FRUIT FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>Fresh Baked Pizza Whole Wheat Pizza Wedge Cheese or Vegetable Garden Salad with Spinach, Romaine, tomato, cukes w/ low Fat Dressing Grapes & 100% 4oz Juice FRUIT & VEGETABLE BAR MILK CHOICE</p>
<p>"Deli Depot"</p> <p><i>Made to order & Grab and Go</i></p> <p>Combo Bundle Meal and A La Carte</p>	<p align="center">Deli Bundle Meal</p> <p align="center">Turkey Breast, Ham, Bologna, Chicken Breast, Roast Beef, Egg Salad, Tuna Salad American Cheese, Swiss Cheese</p> <p align="center">Choose One Lettuce & Tomato slices, Baby Carrots</p> <p align="center"><i>Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choice</i></p> <p align="center">\$3.75</p> <p align="center">Grab and Go A La Carte Sandwich only, \$3.65</p>				
<p>"Golden Eagle Grill"</p> <p><i>Grab and Go</i></p> <p>Combo Meal and A La Carte</p>	<p align="center">Monday, Tuesday, Wednesday & Thursday Personal Pizza Monday, Wednesday Friday * Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun Tuesday & Thursday * Veggie Burger, Cheeseburger, Hamburger, Spicy Chicken Patty or All Beef Hot Dog on a Whole Wheat Bun</p> <p align="center">\$3.00</p> <p align="center">A La Carte only, \$2.10 / \$2.90</p>				
<p>"Salad Depot"</p> <p><i>Made to order & Grab and Go</i></p> <p>Combo Bundle Meal and A La Carte</p>	<p align="center">Salad Bundle Meal</p> <p align="center">Assorted lettuce, vegetables and proteins Includes Whole Wheat Bread Stix, and Fruit and Milk Choice</p> <p align="center">Premade Salad meal, includes bread, fruit and milk \$3.75 Grab and Go A La Carte Protein Salad, \$3.65 Large Garden A La Carte Salad \$2.45</p>				

Each Meal Includes Choice of:
Fruit: Fresh, Canned in Lite Syrup or 100% Fruit Juice
Milk

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MENU SUBJECT TO CHANGE WITHOUT NOTICE



This Weeks Fruit & Vegetable Bar Offers

Chic Peas	Cabbage
Green Bean Salad	Hummus
Mixed Vegetables	Peaches
Corn	Raisins
Carrots	Orange
Celery	Mixed Fruit
Romaine Lettuce	100% Juice
Tomato	Grapes
Spinach	Apples
Broccoli	Pears
Peppers	Applesauce
Baked Fries	100% Juice
Cucumbers	Banana
Onions	Strawberries
Peas	
Onion Rings	

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