

TRUMBULL PUBLIC SCHOOLS TRUMBULL HIGH SCHOOL BREAKFAST and LUNCH MENU

JANUARY 7-11, 2019

**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



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

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



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](http://www.trumbullps.org/food services)  
3. Available at every school kitchen and main office during the school year

[www.myschoolbucks.com](http://www.myschoolbucks.com)  
or download the app



**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



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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.

TRUMBULL PUBLIC SCHOOLS TRUMBULL HIGH SCHOOL BREAKFAST and LUNCH MENU

JANUARY 14-18, 2019

**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
<b>"Eagle Nest Café"</b> <i>Combo Meals</i> <b>Students - \$3.00</b> Adults \$4.35	WG CORNBREAD BOWL with a sprinkle of low fat cheese and SEASONED 100% BEEF CHILI OR SEASONED CHICKEN OR SEASONED BLACK BEAN DICED CARROTS THREE BEAN SALAD FRUIT & VEGETABLE BAR MILK CHOICE	MEATBALL or SLOPPY JOE with melted cheese on a WG GRINDER ROLL SWEET POTATO FRIES MIXED VEGETABLES  PEACHES 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 Pizza Whole Wheat Pizza Wedge <b>Cheese or Vegetable</b> Garden Salad with Spinach, Romaine, tomato, cukes w/low Fat Dressing 100% 4oz Juice FRUIT & VEGETABLE BAR MILK CHOICE	CHEESE QUESADILLA FIESTA BROWN RICE, CORN THREE BEAN SALAD SALSA, OLIVES, ONIONS  MIXED FRUIT & 100% 4oz JUICE FRUIT & VEGETABLE BAR MILK CHOICE
<b>"Deli Depot"</b>  <i>Made to order &amp; Grab and Go</i>  <b>Combo Bundle Meal and A La Carte</b>	<b>Deli Bundle Meal</b> Turkey Breast, Ham, Bologna, Chicken Breast, Roast Beef, Egg Salad, Tuna Salad American Cheese, Swiss Cheese  <b>Choose One</b> Lettuce & Tomato slices, Baby Carrots <b>Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choice</b> <b>\$3.75</b> Grab and Go A La Carte Sandwich only, <b>\$3.65</b>				
<b>"Golden Eagle Grill"</b>  <i>Grab and Go</i>  <b>Combo Meal and A La Carte</b>	Monday, Tuesday, Wednesday & Thursday <b>Personal Pizza</b> Monday, Wednesday Friday Tuesday & Thursday * Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun * Veggie Burger, Cheeseburger, Hamburger, Spicy Chicken Patty or All Beef Hot Dog on a Whole Wheat Bun  <b>\$3.00</b> A La Carte only, <b>\$2.10 / \$2.90</b>				
<b>"Salad Depot"</b>  <i>Made to order &amp; Grab and Go</i>  <b>Combo Bundle Meal and A La Carte</b>	<b>Salad Bundle Meal</b> Assorted lettuce, vegetables and proteins Includes Whole Wheat Bread Stix, and Fruit and Milk Choice <b>Premade Salad meal, includes bread, fruit and milk \$3.75</b> Grab and Go A la Carte Protein Salad , <b>\$3.65</b> Large Garden A La Carte Salad <b>\$2.45</b>				

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

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](http://www.trumbullps.org/food services)  
3. Available at every school kitchen and main office during the school year

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or download the app



*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



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TRUMBULL PUBLIC SCHOOLS TRUMBULL HIGH SCHOOL BREAKFAST and LUNCH MENU

JANUARY 21-25, 2019

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

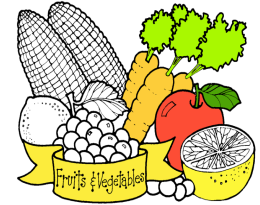
FRUIT & VEGETABLE BAR

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



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>"Eagle Nest Café"</b></p> <p><i>Combo Meals</i> <b>Students - \$3.00</b> Adults \$4.35</p>	<p>MARTIN LUTHER KING DAY</p> <p>NO SCHOOL</p>	<p>CHEESEBURGER on a WHOLE WHEAT ROLL LETTUCE &amp; TOMATO GREEN PEAS BABY CARROTS with HUMMUS PEACH CUP Ketchup</p> <p>FRUIT &amp; 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</p> <p>FRUIT &amp; 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</p> <p>FRUIT &amp; VEGETABLE BAR MILK CHOICE</p>	<p>Hot Dog with Chili or RIB B Q on a WG ROLL Baked Beans Onion Rings Mixed Vegetables</p> <p>Ketchup, Mustard</p> <p>FRUIT &amp; VEGETABLE BAR MILK CHOICE</p>
<p><b>"Deli Depot"</b></p> <p>Made to order &amp; Grab and Go</p> <p>Combo Bundle Meal and A La Carte</p>	<p><b>Deli Bundle Meal</b></p> <p>Turkey Breast, Ham, Bologna, Chicken Breast, Roast Beef, Egg Salad, Tuna Salad American Cheese, Swiss Cheese</p> <p>Choose One Lettuce &amp; Tomato slices, Baby Carrots Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choice</p> <p>\$3.75</p> <p>Grab and Go A la Carte Sandwich only, \$3.65</p>				
<p><b>"Golden Eagle Grill"</b></p> <p>Grab and Go</p> <p>Combo Meal and A La Carte</p>	<p>Monday, Tuesday, Wednesday &amp; Thursday Personal Pizza Monday, Wednesday Friday * Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun Tuesday &amp; Thursday * Veggie Burger, Cheeseburger, Hamburger, Spicy Chicken Patty or All Beef Hot Dog on a Whole Wheat Bun</p> <p>\$3.00</p> <p>A La Carte only, \$2.10 / \$2.90</p>				
<p><b>"Salad Depot"</b></p> <p>Made to order &amp; Grab and Go</p> <p>Combo Bundle Meal and A La Carte</p>	<p><b>Salad Bundle Meal</b></p> <p>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</p> <p>Grab and Go A la Carte Protein Salad, \$3.65</p> <p>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
Sweet Potato Fries	100% Juice
Cucumbers	Banana
Onions	Strawberries
Peas	
Onion Rings	
Mashed Potato	

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

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



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

**JANUARY 28 / FEBRUARY 1, 2019**

**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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY FEB. 1, 2019
<p><b>"Eagle Nest Café"</b></p> <p><i>Combo Meals</i> <b>Students - \$3.00</b> Adults \$4.35</p>	<p>MAC and CHEESE STEAMED BROCCOLI CELLERY and CARROT STICKES WG ROLL APPLESAUCE</p> <p>FRUIT &amp; VEGETABLE BAR MILK CHOICE</p>	<p>BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE BAKED SWEET POTATO FRIES STEAMED BROCCOLI PEACHES</p> <p>FRUIT &amp; 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</p> <p>FRUIT &amp; VEGETABLE BAR MILK CHOICE</p>	<p>Fresh Baked Pizza Whole Wheat Pizza Wedge <b>Cheese or Vegetable</b> Garden Salad with Spinach, Romaine, tomato, cukes w/ low Fat Dressing 100% 4oz Juice</p> <p>FRUIT &amp; VEGETABLE BAR MILK CHOICE</p>	<p>CHEESE QUESADILLA FIESTA BROWN RICE, CORN THREE BEAN SALAD SALSA, OLIVES, ONIONS</p> <p>MIXED FRUIT &amp; 100% 4oz JUICE</p> <p>FRUIT &amp; VEGETABLE BAR MILK CHOICE</p>
<p><b>"Deli Depot"</b></p> <p><i>Made to order &amp; Grab and Go</i></p> <p><b>Combo Bundle Meal and A La Carte</b></p>	<p align="center"><b>Deli Bundle Meal</b> Turkey Breast, Ham, Bologna, Chicken Breast, Roast Beef, Egg Salad, Tuna Salad American Cheese, Swiss Cheese</p> <p align="center"><b>Choose One</b> Lettuce &amp; Tomato slices, Baby Carrots <b>Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choice</b> <b>\$3.75</b> Grab and Go A La Carte Sandwich only, <b>\$3.65</b></p>				
<p><b>"Golden Eagle Grill"</b></p> <p><i>Grab and Go</i></p> <p><b>Combo Meal and A La Carte</b></p>	<p align="center">Monday, Tuesday, Wednesday &amp; Thursday <b>Personal Pizza</b> Monday, Wednesday Friday * Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun Tuesday &amp; Thursday * Veggie Burger, Cheeseburger, Hamburger, Spicy Chicken Patty or All Beef Hot Dog on a Whole Wheat Bun</p> <p align="center"><b>\$3.00</b> A La Carte only, <b>\$2.10 / \$2.90</b></p>				
<p><b>"Salad Depot"</b></p> <p><i>Made to order &amp; Grab and Go</i></p> <p><b>Combo Bundle Meal and A La Carte</b></p>	<p align="center"><b>Salad Bundle Meal</b></p> <p>Assorted lettuce, vegetables and proteins Includes Whole Wheat Bread Stix, and Fruit and Milk Choice</p> <p><b>Premade Salad meal, includes bread, fruit and milk \$3.75</b> Grab and Go A la Carte Protein Salad , <b>\$3.65</b> Large Garden A La Carte Salad <b>\$2.45</b></p>				

**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



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Spinach	Apples
Broccoli	Pears
Peppers	Applesauce
Baked Fries	100% Juice
Cucumbers	Banana
Onions	Strawberries
Peas	
Onion Rings	

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