

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

MAY 29-31 JUNE 1-2, 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"Eagle Nest Café"</p> <p><i>Combo Meals</i> Students - \$3.00 Adults \$4.35</p> <p align="center">Memorial Day</p> <p align="center">NO SCHOOL</p>	<p>BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE</p> <p>BAKED SWEET POTATO FRIES</p> <p>STEAMED BROCCOLI</p> <p>PEACHES</p> <p>FRUIT & VEGETABLE BAR</p> <p>MILK CHOICE</p>	<p>CHEESE QUESADILLA</p> <p>FIESTA BROWN RICE CORN</p> <p>THREE BEAN SALAD</p> <p>SALSA, OLIVES, ONIONS</p> <p>MIXED FRUIT & 100% 4oz JUICE</p> <p>FRUIT & VEGETABLE BAR</p> <p>MILK CHOICE</p>	<p>Marinara Sauce or</p> <p>Pasta with Meat sauce, W.G. Roll</p> <p>Fresh Garden Salad</p> <p>Spinach, Romaine, tomato, cukes</p> <p>Salad w/ low Fat Dressing</p> <p>MIXED FRUIT</p> <p>FRUIT & VEGETABLE BAR</p> <p>MILK CHOICE</p>	<p>Fresh Baked Pizza</p> <p>Whole Wheat Pizza Wedge</p> <p>Cheese or Vegetable</p> <p>Garden Salad with Spinach, Romaine, tomato, cukes</p> <p>w/ low Fat Dressing</p> <p>Grapes & 100% 4oz Juice</p> <p>FRUIT & VEGETABLE BAR</p> <p>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>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">Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choice</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</p> <p align="center">Personal Pizza</p> <p align="center">Monday, Wednesday Friday</p> <p align="center">* Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun</p> <p align="center">Tuesday & Thursday</p> <p align="center">* 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 align="right"><i>Prepared Fresh Daily</i></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>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</p> <p align="center">Grab and Go A la Carte Protein Salad , \$3.65</p> <p align="center">Large Garden A La Carte Salad \$2.45</p> <p align="left"><i>Daily Specials</i></p>				

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



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



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

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**

JUNE 5-9, 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 Choose 5 ARE Choose one, 8 oz. Milk Choose

Choose 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

	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>SRIRACHA CHICKEN SANDWICH on a WHOLE WHEAT ROLL</p> <p>OVEN FRIES</p> <p>MIXED VEGETABLES</p> <p>FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>BREADED MOZZARELLA STICKS (low fat) with MARINARA SAUCE</p> <p>BAKED SWEET POTATO FRIES</p> <p>STEAMED BROCCOLI</p> <p>PEACHES</p> <p>FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>CHEESE QUESADILLA</p> <p>FIESTA BROWN RICE CORN</p> <p>THREE BEAN SALAD</p> <p>SALSA, OLIVES, ONIONS</p> <p>MIXED FRUIT & 100% 4oz JUICE</p> <p>FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>Pasta with Marinara Sauce or Meat sauce, Roll</p> <p>Fresh Garden Salad</p> <p>Spinach, Romaine, tomato, cukes</p> <p>Salad w/ low Fat Dressing</p> <p>MIXED FRUIT</p> <p>FRUIT & VEGETABLE BAR MILK CHOICE</p>	<p>Fresh Baked Pizza</p> <p>Whole Wheat Pizza Wedge</p> <p>Cheese or Vegetable</p> <p>Garden Salad with Spinach, Romaine, tomato, cukes</p> <p>w/ low Fat Dressing</p> <p>100% 4oz Juice</p> <p>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>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">Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choose</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</p> <p align="center">Personal Pizza Monday, Wednesday Friday</p> <p align="center">* Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun Tuesday & Thursday</p> <p align="center">* 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>Assorted lettuce, vegetables and proteins Includes Whole Wheat Bread Stix, and Fruit and Milk Choose</p> <p align="center">Premade Salad meal, includes bread, fruit and milk \$3.75</p> <p align="center">Grab and Go A La Carte Protein Salad , \$3.65</p> <p align="center">Large Garden A La Carte Salad \$2.45</p>				



*Prepared
Fresh Daily*

Daily Specials



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

www.myschoolbucks.com

Milk is available with all meals

Daily Milk Choose s include: 1%, Skim, Fat Free Flavored

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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
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 LUNCH MENU**

JUNE 12-16, 2017

BREAKFAST COMBO

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School Breakfast



STUDENTS MUST CHOOSE A COMPLETE BREAKFAST COMBO TO BE ELIGIBLE FOR THE COMBO PRICING FOR PAID, FREE OR REDUCED. THE COMBO CHOOSE S ARE: Choose one, 8 oz. Milk Choose 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
<p>"Eagle Nest Café"</p> <p>Combo Meals Students - \$3.00 Adults \$4.35</p>	<p>LAST FULL DAY</p> <p>HAMBURGER or CHEESEBURGER on W.G. BUN OVEN FRIES STEAMED VEGETABLES LETTUCE & TOMATO, PEACHES FRUIT & VEGETABLE BAR</p> <p>MILK CHOICE</p>	<p>EARLY CLOSING</p>	<p>EARLY CLOSING</p> <p><u>Breakfast Item Only</u></p>	<p>EARLY CLOSING</p>	<p>EARLY CLOSING</p>
	<p>"Deli Depot"</p> <p>Made to order & Grab and Go</p> <p>Combo Bundle Meal and A La Carte</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</p> <p>Includes Carrot/Raisin or Cole Slaw Salad, Fruit and Milk Choose \$3.75</p> <p>Grab and Go A la Carte Sandwich only, \$3.65</p>			
<p>"Golden Eagle Grill"</p> <p>Grab and Go</p> <p>Combo Meal and A La Carte</p>	<p>Monday, Tuesday, Wednesday & Thursday</p> <p>Personal Pizza Monday, Wednesday Friday</p> <p>* Veggie Burger, Cheeseburger, Hamburger, Chicken Pattie on a Whole Wheat Bun Tuesday & Thursday</p> <p>* Veggie Burger, Cheeseburger, Hamburger, Spicy Chicken Patty or All Beef Hot Dog on a Whole Wheat Bun</p> <p>Prepared Fresh Daily</p> <p>\$3.00 A La Carte only. \$2.10 / \$2.90</p>				
<p>"Salad Depot"</p> <p>Made to order & Grab and Go</p> <p>Combo Bundle Meal and A La Carte</p>	<p>Salad Bundle Meal</p> <p>Assorted lettuce, vegetables and proteins Includes Whole Wheat Bread Stix, and Fruit and Milk Choose</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

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	

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