

TRUMBULL PUBLIC SCHOOLS, MIDDLE SCHOOLS BREAKFAST and LUNCH MENU APRIL 1-30, 2024

All meals and are served with 1% white or chocolate milk, fruit choice

Bagel Lunch Available Every day which includes a Bagel, Yogurt, Cheese Stick, Carrots, fruit and Milk

Also available each day are protein salads and assorted sandwiches

BREAKFAST CHOICES EACH DAY

CHOOSE ONE ENTRÉE – WG Apple Frudel, WG Raspberry Cream Cheese bar, WG Cinnamon Bun, WG Assorted Bagel, WG Banana/Lemon Slice, Assorted Muffins

CHOOSE AT LEAST ONE BUT MAY CHOOSE TWO – Fruit/Vegetable, Fresh Fruit, Fruit Cup or 100% Fruit Juice

CHOOSE ONE – 1% Low Fat Milk or Fat Free Flavored Milk

LUNCHES

Monday April 1 Lunch – NATIONAL SMILE DAY! Chicken Patty on a WG Roll, Smile Fries, Steamed Mixed Veggies, Fruit and Milk Choice

Tuesday April 2 Lunch – NO SCHOOL – PROFESSIONAL DEVELOPMENT DAY

Wednesday April 3 Lunch – Pasta with Marinara or Chicken Alfredo Sauce, Green Beans, Fruit and Milk Choice

Thursday April 4 Lunch – WG School Made Cheese or Vegetable Pizza, Spinach Salad, Fruit and Milk Choice

Friday April 5 Lunch – Hot Dogs on a WW Roll, Baked Vegetarian Beans, Sauerkraut, Fruit and Milk

NO SCHOOL – SPRING BREAK

APRIL 8-12

Monday April 15 Lunch – Mozzarella Sticks with Marinara Sauce, Steamed Broccoli, WG Roll, Fruit and Milk

Tuesday April 16 Lunch – Chicken tenders, Sweet Potato Fries, Pea/Corn Medley, Fruit and Milk Choice

Wednesday April 17 Lunch – Cheese Ravioli or Pasta with Marinara or Meat Sauce, Romaine Salad, Fruit and Milk Choice

Thursday April 18 Lunch - WG School Made Cheese or Vegetable Pizza, Garden Salad with Low fat Dressing, Fruit and Milk Choice

Friday April 19 Lunch – Teriyaki Chicken over Rice, Steamed Snow Peas and Carrots, Fruit and Milk Choice

Monday April 22 Lunch – Chicken Nuggets with Noodles, Carrot Sticks, Fruit and Milk Choice

Tuesday April 23 Lunch – PASSOVER – Beef Brisket, Roasted Potatoes, Green beans, Matzo Ball Soup, Fruit and Milk Choice

Wednesday April 24 Lunch –Pasta with Meatballs and Marinara Sauce, Roasted Brussel Sprouts, Fruit and Milk Choice

Thursday April 25 Lunch - WG School Made Cheese or Vegetable Pizza, Romaine Salad with Low fat Dressing, Fruit and Milk Choice

Friday April 26 Lunch – Chicken Drummies with Waffles or Mashed Potatoes, Corn, Fruit and Milk Choice

Monday April 29 Lunch - -- Build a Burger on a WW Roll with Cheese/Lettuce/Tomato/Onion, Sweet Potato Fries, Fruit and Milk Choice

Tuesday April 30 Lunch – Grilled Cheese Sandwich with Sweet Potato Fries and Vegetable Soup, Fruit and Milk Choice

All meals are served with 1% white, chocolate or strawberry milk, fruit choice, utensils

ALL A LA CARTE ITEMS ARE SOLD AT A SEPARATE PRICE

FREE AND REDUCED APPLICATIONS – Available online at [trumbullps.org/food services](http://trumbullps.org/food%20services)

Also available at every school office and kitchen

For additional information call Food Services Office at **203-452-4500**

Prepay for meal on-line. Sign up for www.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.