



TRUMBULL PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST & LUNCH MENU

APRIL 2024



April 1-5

Grill Options:

Burgers, Chicken Patties, Pizza, Chicken Tenders, Onion Rings and French Fries

Breakfast Daily Choose one Entrée:

Egg Sandwich
WG Cinn. Bun
WG Assorted Muffin
WG Bagel

WG Banana Slice
WG Breakfast Bar

Choose at least one may choose two

Fruit / vegetable
Fresh fruit or fruit cup,
100% assorted juice

Choose

1% Low Fat Milk or
FF Flavored Milk



Gluten Free Menu

Breakfast

Yogurt
Fruit Cup
Milk Choice

Please Note

Students requesting
Gluten Free foods
must provide medical
documentation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 National Smile Day! Ramen Noodle Bowls Chicken and Vegetables Fruit and Milk Choice	2 NO SCHOOL TEACHER PROFESSIONAL DEVELOPMENT DAY	3 Pasta with Marinara Sauce and Meatballs Or Meatball Grinders Steamed Green Beans Fruit and Milk Choice	4 Steamed Chicken and Vegetable Dumplings Fried Rice Oriental veggies Fruit Milk Choice	5 Soft Tacos Beef or Chicken Rice Queso Cheese, Guacamole, Lettuce, Tomato and Sour Cream Fruit and Milk Choice
8	9 	10 SPRING BREAK NO SCHOOL	11 	12
15 Mozzarella Sticks With Marinara Sauce Steamed Broccoli WG Roll Fruit Choice Milk Choice	16 Chicken Tenders Sweet Potato Fries Pea/Corn Medley Fruit and Milk Choice Ala Carte Items are a separate charge	17 Pasta Shells or Cheese Ravioli Meat or Marinara Sauce Romaine Salad WG Roll Fruit and Milk Choice	18 WG School-Made Pizza Cheese or Vegetable Fresh Veggies Sticks with Low-Fat Dressing Fruit Milk Choice <i>Menus Subject to Change</i>	19 Teriyaki Chicken Over Rice Steamed Snow Peas/Carrots Fruit & Milk Choice

DAILY ENTRÉE CHOICES

1. Protein Salad w/bread stick
2. Yogurt Plate, choice of muffin, bagel or Cereal and graham cracker includes string cheese
3. Turkey, Ham or Bologna or Tuna Sandwich
4. SunButter & Jelly Sandwich w/string

Gluten Free Menu Lunch

Turkey Breast GF sandwich, carrot,
OR
Chef Salad
Dressing
GF Roll or Cracker
Fruit & Veggie Bar
1% Milk Choice

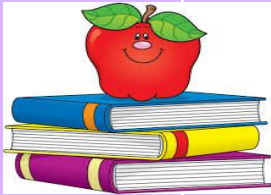

**All entrees include
accompanying
veggie, fruit and
milk choice (1%
White, or flavored
skim, Strawberry
or Chocolate)**



TRUMBULL PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST & LUNCH MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p>Chicken Nuggets Noodles Carrot Sticks Fruit and Milk Choice</p>	<p>23</p> <p>PASSOVER Beef Brisket Roasted Potatoes Green Beans Matzo Ball Soup Fruit & Milk</p>	<p>24</p> <p>Pasta with Meatballs or Marinara Sauce Brussel Sprouts Fruit and Milk Choice</p>	<p>25</p> <p>WG School-Made Pizza Cheese or Vegetable Romaine Salad with Low-Fat Dressing Fruit Milk Choice</p>	<p>26</p> <p>Chicken Drumettes With Waffles or Mashed Potatoes Corn Fruit and Milk Choice</p>
<p>29</p> <p>Build a Burger on WW Roll Cheese/Lettuce/ Tomato/Onion Crinkle Cut Fries Mixed Fruit & Milk Choice</p>	<p>30</p> <p>Grilled Cheese & Soup Sweet Potato Fries Fruit & Milk</p>			<p>FREE AND REDUCED APPLICATIONS ARE – Available online at trumbullps.org/food services. Available at every school office and kitchen throughout the year.</p>
<p>Ala Carte Items are a separate charge</p>		<p><i>Menus Subject to Change</i></p>		

DAILY ENTRÉE CHOICES

1. Protein Salad w/bread stick
2. Yogurt Plate, choice of muffin, bagel or Cereal and graham cracker includes string cheese
3. Turkey, Ham or Bologna or Tuna Sandwich
4. SunButter & Jelly Sandwich w/string cheese

Gluten Free Menu Lunch

Turkey Breast GF sandwich, carrot, OR
Chef Salad Dressing
GF Roll or Cracker
Fruit & Veggie Bar
1% Milk Choice

All entrees include accompanying veggie, fruit and milk choice (1% White, or flavored skim, Strawberry or Chocolate)

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Breakfast Daily
Choose one Entrée:
Egg Sandwich
WG Cinn. Bun
WG Assorted Muffin
WG Bagel
WG Banana Slice
WG Breakfast Bar
Choose at least one
may choose two
Fruit / vegetable
Fresh fruit or fruit cup, 100% assorted juice
Choose
1% Low Fat Milk or
FF Flavored Milk

Gluten Free Menu Breakfast
Yogurt
Fruit Cup
Milk Choice

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