



TRUMBULL PUBLIC SCHOOLS ELEMENTARY-29,2021 BREAKFAST & LUNCH MENU OCTOBER 1-29,2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST OFFERED DAILY

Choose one Entrée
 WG Cherry Frudel
 WG Raspberry CC Bar
 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

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

Ala Carte Items are a separate charge



What Makes a Lunch?
 Select 3-5 Components

MILK

GRAIN

MILK

FRUIT

PROTEIN

MILK

One must be a

FRUIT

OR

VEGGIE

2				1 Tortilla Wraps with Seasoned Beef, Chicken or Fiesta Beans, LF cheese, salsa, lettuce/tomato, steamed rice, corn Mixed fruit Milk Choice	
4	Hamburger/ Cheeseburger on WG Roll with Lettuce and Tomato, Oven Fries Steamed Veggies Peaches Milk Choice	5	Cheese Quesadilla Fiesta Brown Rice Corn Three-Bean Salad Salsa, Olives, Onions Mixed Fruit Fruit and Milk Choice	6	Pasta with Meatballs Tossed Garden Salad with Low fat dressing WG Roll Pears Milk Choice
7	WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing Fruit Milk Choice	8	WG French Toast Sticks, Syrup, Turkey sausage, Warm cinn. apple slices, Sweet potato bites Milk Choice	9	WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing, Fruit and Milk Choice
10	NO SCHOOL COLUMBUS DAY	11	12	13	Pasta with Marinara or Meat sauce Tossed Garden Salad with Low fat dressing WG Roll Orange Smiles
14	National School Lunch Week	15	16	WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing, Fruit and Milk Choice	15 Tortilla Chips with Seasoned Beef, Chicken or Fiesta Beans, LF cheese, salsa, lettuce tomato, steamed rice, corn Mixed fruit Milk Choice

DAILY ENTRÉE CHOICES

1. Protein Salad w/roll
2. Yogurt Plate, choice of muffin or cereal or bagel includes string cheese
3. Turkey, Ham or Bologna or Tuna Sandwich, Veggie Sticks
4. SunButter & Jelly Sandwich w/ baby carrots

All meals include fruit & milk choice

All meals are FREE of CHARGE to all children.

FRUIT & VEGETABLES CHOICES

Chickpeas, Three Bean Mixed vegetables, Corn Carrots, Tomato Celery, Romaine Lettuce Spinach, Broccoli Peppers, Onions Hummus, Peaches, Raisins Mixed fruit, Pears Orange smiles Applesauce, Grapes Apples

All entrees include accompanying veggie, fruit and milk choice

Menu Subject to Change





Available Daily Fruit & Vegetable Bar Milk Choice

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TRUMBULL PUBLIC SCHOOLS ELEMENTARY SCHOOL BREAKFAST & LUNCH MENU

October 1-29, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <p>Chicken Patty WG Roll Baked Potato Rounds Steamed Spinach</p> <p>Fruit & Milk Choice</p>	<p>19</p> <p>Macaroni and Cheese Broccoli Fruit and Milk Choice</p> <p>Get your Cow Pencil with lunch</p> 	<p>20</p> <p>Pasta with Marinara or Meat sauce Tossed Garden Salad with Low fat dressing WG Roll Orange Smile Fruit and Milk Choice</p>	<p>21</p> <p>WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing Fruit Milk Choice</p>	<p>22</p> <p>WG French Toast Sticks, Syrup, Turkey sausage, Warm cinn. apple slices, Sweet potato bites Milk Choice</p>
<p>25</p> <p>Hamburger/ Cheeseburger on WG Roll with Lettuce and Tomato, Oven Fries Steamed Veggies Peaches Milk Choice</p> 	<p>26</p> <p>K-5 EARLY CLOSING Pick up lunch in the café on your way to the bus.</p> <p>Max Sticks with Marinara Sauce Carrot pack Sunrise Bites Mixed Fruit Milk Choice</p> <p>Includes heating instructions.</p>	<p>27</p> <p>Pasta with Meatballs Tossed Garden Salad with Low fat dressing WG Roll Frozen Halloween EEK Cup Milk Choice</p> 	<p>28</p> <p>PK-8 EARLY CLOSING Pick up lunch in the café on your way to the bus.</p> <p>WG French Bread Cheese Pizza</p> <p>Carrot pack Fruit Milk Choice</p> <p>Includes heating instructions.</p>	<p>29</p> <p>Tortilla Chips with Seasoned Beef, Chicken or Fiesta Beans, LF cheese, salsa, lettuce tomato, steamed rice, corn Mixed fruit Milk Choice</p>  <p>SALAD BAR EVERY TUESDAY & THURSDAY</p>

Supply & Demand:

We're trying to continue to operate as close to our pre-pandemic level as possible. But you may not know that food services businesses in general are facing unprecedented supply chain and labor challenges. And we're no different. Sometimes we may have to substitute an item at the last minute to give you the best, freshest option available that day. We thank you in advance for your on-going understanding of this situation.

DAILY ENTRÉE CHOICES

1. Protein Salad w/roll
 2. Yogurt Plate, choice of muffin or cereal or bagel includes string cheese
 3. Turkey, Ham or Bologna or Tuna Sandwich, Veggie Sticks
 4. SunButter & Jelly Sandwich w/ baby carrots
- All meals include fruit & milk choice

All meals are FREE of CHARGE to all children.

Ala Carte Items are a separate charge

Menu Subject to Change

FRUIT & VEGETABLES CHOICES

- Chickpeas, Three Bean
- Mixed vegetables, Corn
- Carrots, Tomato
- Celery, Romaine Lettuce
- Spinach, Broccoli
- Peppers, Onions
- Hummus,
- Peaches, Raisins
- Mixed fruit, Pears
- Orange Smiles
- Applesauce, Grapes
- Apples

All entrees include accompanying veggie, fruit and milk choice

Breakfast Daily

Choose one Entrée

- WG Cherry Frudel
- WG Raspberry CC Bar
- 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

Gluten Free Menu

Lunch

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

Available Daily –

Fruit & Vegetable Bar Milk Choice

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