

**BREAKFAST
OFFERED DAILY**

TRUMBULL PUBLIC SCHOOLS MIDDLE SCHOOL BREAKFAST & LUNCH MENU

October 1-15 2021

wake up!
School Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2</p>				<p>1</p> <p>Tortilla Chips with Seasoned Beef, Chicken or Fiesta Beans, LF cheese, salsa, lettuce tomato, steamed rice, corn</p> <p>Mixed fruit Milk Choice</p>
<p>4</p> <p>Hamburger/ Cheeseburger on WG Roll with Lettuce and Tomato, Oven Fries</p> <p>Steamed Veggies</p> <p>Peaches</p> <p>3 Milk Choice</p>	<p>5</p> <p>Cheese Quesadilla</p> <p>Fiesta Brown Rice</p> <p>Corn</p> <p>Three-Bean Salad</p> <p>Salsa, Olives, Onions</p> <p>Mixed Fruit</p> <p>Fruit and Milk Choice</p>	<p>6</p> <p>Pasta with Meatballs</p> <p>Tossed Garden Salad with Low fat dressing</p> <p>WG Roll</p> <p>Pears</p> <p><i>Milk Choice</i></p>	<p>7</p> <p>WG School-Made Pizza</p> <p>Cheese or Vegetable Garden Salad with Low-Fat Dressing</p> <p>Fruit</p> <p>Milk Choice</p>	<p>8</p> <p>WG French Toast</p> <p>Sticks, Syrup, Turkey sausage, Warm cinn. apple slices, Sweet potato bites</p> <p>Milk Choice</p>
<p>11</p> <p>NO SCHOOL</p> <p>COLUMBUS DAY</p> <p>1</p> 	 <p>Toasted Cheese Sandwich</p> <p>Baked Potato Rounds</p> <p>Spinach</p> <p>Mixed Fruit</p> <p>Milk Choice</p>	<p>12</p> <p>13</p> <p>Pasta with Marinara or Meat sauce</p> <p>Tossed Garden Salad with Low fat dressing</p> <p>WG Roll</p> <p>Orange Smiles</p> 	<p>14</p> <p>WG School-Made Pizza</p> <p>Cheese or Vegetable Garden Salad with Low-Fat Dressing,</p> <p>Fruit and Milk Choice</p>	<p>15</p> <p>Tortilla Chips with Seasoned Beef, Chicken or Fiesta Beans, LF cheese, salsa, lettuce tomato, steamed rice, corn</p> <p>Mixed fruit Milk Choice</p>

Assorted Fruit and Vegetable Bar & alternate meals Offered Daily

A la Carte Items are a separate charge

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 meals include accompanying veggie, fruit and milk choice.

**A la Carte Items, Chef Salad, \$3.25
Deli Sandwich \$3.25
Hot Sandwich \$2.50
Check with your school for more items.**

All meals are FREE of CHARGE to all children

Menu subject to change

FREE AND REDUCED APPLICATIONS ARE –
Available online at trumbullps.org/food services
Available at every school office and kitchen throughout the year.
MYSCHOOLBUCKS.COM

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

All meals are FREE of CHARGE to all children

National School Lunch Week

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 MIDDLE SCHOOL BREAKFAST & LUNCH MENU

October 18-29 2021

BREAKFAST OFFERED DAILY

wake up!
School Breakfast



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

All meals are FREE of CHARGE to all children

Menu Subject to Change

2

3

1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 RIB-B-Q Sandwich Baked Sweet Potato Fries Mixed Vegetables Raisins WG Dinner Roll 	19 French Toast Sticks With Hot Cinnamon Apple Slices Turkey Sausage Sweet Potato Bites Milk Choice	20 Ziti Pasta with Meat sauce Tossed Garden Salad with Low-Fat dressing WG Roll Pears Milk Choice	21 WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing Apple Milk Choice	22 Popcorn Chicken with BBQ Sauce Mashed Potatoes Mixed Vegetables WG Dinner Roll Peaches Milk Choice
25 Chicken Patty Sandwich on a WW Roll Oven Fries Mixed Vegetables Apple Available Daily – Fruit & Vegetable Bar Milk Choice	26 Breaded Mozzarella Sticks with Marinara Sauce WG Roll Steamed Broccoli Mixed Fruit Milk Choice	27 Ziti Pasta with Meatballs Tossed Garden Salad with Low-Fat dressing WG Roll Frozen Halloween EEK Cup Pears Milk Choice	28 <u>Early Closing PK-8</u> <u>Pick up lunch in the café on your way to the bus.</u> WG French bread Cheese Pizza Carrot pack Fruit Milk Choice	29 WG French Toast Sticks, Syrup, Turkey sausage, Warm cinn. apple slices, Sweet potato bites Milk Choice FREE AND REDUCED APPLICATIONS ARE Available online at trumbullps.org/food services Available at every school office and kitchen throughout the year
<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.</p>				

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