

TRUMBULL PUBLIC SCHOOLS, MIDDLE SCHOOLS BREAKFAST and LUNCH MENU October 1- 29, 2021

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

**In school option - Bagel Lunch Available Every day which includes a Bagel, Yogurt, Cheese Stick
Carrots, fruit and Milk**

ALL MEALS ARE FREE TO ALL CHILDREN FOR THE 2021-2022 SCHOOL YEAR

BREAKFAST CHOICES EACH DAY

CHOOSE ONE ENTRÉE – WG Apple Frudel, WG Raspberry Cream Cheese bar, WG Cinnamon Bun, WG Assorted Bagel, WG Banana Slice, WG Breakfast Bar

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

Friday October 1 Lunch – Tortilla Chips with Seasoned Beef, Chicken or Fiesta Black Beans, Low Fat Cheese, Salsa, Lettuce/Tomato, Steamed Rice, Corn, Mixed Fruit, Choice of Milk

Monday October 4 – Hamburger/Cheeseburger on a whole grain roll with lettuce and tomato, Oven fries, steamed veggies, peaches and milk choice

Tuesday October 5 – Cheese Quesadilla, Fiesta Brown Rice, Three Bean Salad, Salsa, Olives, Onions, Mixed Fruit and Milk Choice

Wednesday October 6 Lunch – Pasta with Meatballs, Tossed Garden Salad with Low Fat Dressing, WG Roll, Pears and Milk Choice

Thursday October 7 Lunch - WG School Made Cheese or Vegetable Pizza, Garden Salad with Low Fat Dressing, Fruit and Milk Choice

Friday October 8 Lunch -- WG French Toast Sticks, Turkey Sausage, Warm Cinnamon Apple Slices, Sweet Potato Bites, Milk Choice

Monday October 11 – NO SCHOOL – COLUMBUS DAY

Tuesday October 12 Lunch – Toasted Cheese Sandwich, Baked Potato Rounds, Spinach, Mixed Fruit and Milk Choice

Wednesday October 13 Lunch - Pasta with Marinara or Meat Sauce, Tossed Garden Salad with Low Fat Dressing, WG Roll, Orange Smiles and Milk Choice

Thursday October 14 Lunch – WG School Made Cheese or Vegetable Pizza, Garden Salad with Low Fat Dressing, Fruit and Milk Choice

Friday October 15 – Lunch – Tortilla Chips with Seasoned Beef, Chicken or Fiesta Black Beans, Low Fat Cheese, Salsa, Lettuce/Tomato, Steamed Rice, Corn, Mixed Fruit, Choice of Milk

Monday October 18 Lunch – RIB-B-Q Sandwich on WG Roll, Baked Sweet Potato Fries Mixed Veggies, Fruit and Milk Choice

Tuesday October 19 Lunch – WG French Toast Sticks, Turkey Sausage, Warm Cinnamon Apple Slices, Sweet Potato Bites, Milk Choice

Wednesday October 20 Lunch - Ziti with Meat or Marinara Sauce, Tossed Garden Salad with Low Fat Dressing, WG Roll, Orange Smiles and Milk Choice

Thursday October 21 Lunch – WG School Made Cheese or Vegetable Pizza, Garden Salad with Low Fat Dressing, Apple and Milk Choice

Friday October 22 – Lunch – Popcorn Chicken with BBQ Sauce, Mashed Potatoes, Mixed Veggies, WG Dinner Roll, Peaches and Milk Choice

Monday October 25 Lunch – Chicken Patty on a whole grain roll with lettuce and tomato, Oven fries, Mixed veggies, apple and milk choice

Tuesday October 26 Lunch – Mozzarella Sticks with Marinara Sauce, Steamed Broccoli, Mixed Fruit and Milk

Wednesday October 27 Lunch – Ziti Pasta with Meatballs, Tossed Garden Salad with Low Fat Dressing, WG Roll, Frozen Halloween Eek Cup and Milk Choice

Thursday October 28 Lunch – EARLY CLOSING-PICK UP MEAL TO TAKE HOME - French Bread Pizza, Carrot Pack, Fruit and Milk

Friday October 29 – Lunch - WG French Toast Sticks, Turkey Sausage, Warm Cinnamon Apple Slices, Sweet Potato Bites, Milk Choice

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

ALL A LA CARTE ITEMS ARE SOLD AT A SEPARATE PRICE

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

Available at every school office and kitchen

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

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