

# TRUMBULL PUBLIC SCHOOLS, HIGH SCHOOLS BREAKFAST and LUNCH MENUS October 4 – 29, 2021

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

## **BREAKFAST CHOICES EACH DAY**

**CHOOSE ONE GRAIN** – Bagel, cereal, muffin

**CHOOSE ONE PROTEIN** – String Cheese, Yogurt, egg sandwich

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

**CHOOSE ONE** – Fresh Fruit, Fruit Cup or 100% Fruit Juice

## **LUNCHES**

Monday October 4 – Tortilla Wraps with Seasoned Beef, Chicken or Fiesta Beans, Steamed Brown Rice, Lettuce, Tomato and Cheese. Fruit and Milk Choice

Tuesday October 5 – Chicken Patty on a WG roll, Oven Fries, Mixed Veggies, Fruit and Milk Choice

Wednesday October 6 Lunch – Alfredo Pasta with Broccoli and Chicken or Ziti Pasta with Meat or Marinara Sauce, Tossed Garden Salad with Low Fat Dressing, WG Roll, Fruit and Milk Choice

Thursday October 7 Lunch – Mozzarella Sticks with Marinara Sauce, Baked Sweet Potato Fries, Steamed Broccoli, Peaches and Milk Choice

Friday October 8 Lunch – Cheese Quesadilla, Fiesta Brown Rice, Corn, Three-Bean Salad, Salsa, Olives and Onions, Mixed Fruit and Milk Choice

Monday October 11 Lunch – NO SCHOOL – COLUMBUS DAY

Tuesday October 12 Lunch - Mozzarella Sticks with Marinara Sauce, Baked Sweet Potato Fries, Steamed Broccoli, Peaches and Milk Choice

Wednesday October 13 Lunch – Alfredo Pasta with Broccoli and Chicken or Ziti Pasta with Meat or Marinara Sauce, Tossed Garden Salad with Low Fat Dressing, WG Roll, Fruit and Milk Choice

Thursday October 14 Lunch – Mozzarella Sticks with Marinara Sauce, Baked Sweet Potato Fries, Steamed Broccoli, Peaches and Milk Choice

Friday October 15 Lunch – Cheese Quesadilla, Fiesta Brown Rice, Corn, Three-Bean Salad, Salsa, Olives and Onions, Mixed Fruit and Milk Choice

Monday October 18 Lunch – Mac and Cheese, Broccoli, Fruit and Milk Choice

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

Wednesday October 20 Lunch – Alfredo Pasta with Broccoli and Chicken or Ziti Pasta with Meat or Marinara Sauce, Tossed Garden Salad with Low Fat Dressing, WG Roll, Fruit and Milk Choice

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

Friday October 22 Lunch – Cheese Quesadilla, Fiesta Brown Rice, Corn, Three-Bean Salad, Salsa, Olives and Onions, Mixed Fruit and Milk Choice

Monday October 25 Lunch –Hamburger/Cheeseburger on a WG Roll with Lettuce and Tomato, Oven Fries, Corn, Peaches and Milk Choice

Tuesday October 26 Lunch – Meatball grinder with marinara Sauce and Mozzarella Cheese. Veggie Sticks with Low Fat Dressing. Orange smiles and milk choice

Wednesday October 27 Lunch – Alfredo Pasta with Broccoli and Chicken or Ziti Pasta with Meat or Marinara Sauce, Tossed Garden Salad with Low Fat Dressing, WG Roll, Fruit and Milk Choice

Thursday October 28 Lunch – WG School Made Cheese or Vegetable Pizza, Garden Salad with Low Fat Dressing, Fruit and Milk Choice

Friday October 29 Lunch – Cheese Quesadilla, Fiesta Brown Rice, Corn, Three-Bean Salad, Salsa, Olives and Onions, Mixed Fruit and Milk Choice

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

**AVAILABLE EACH DAY – Deli, Salad or grill Meals**

Deli options - Turkey Breast, Ham, Buffalo Chicken, Roast Beef, Egg Salad, Tuna Salad, American or Swiss cheese

Grill Options - Personal Pizza, Hamburger, Cheeseburger, Veggie Burger, Spicy or Plain Chicken Patty

Salad Bar options – lettuce, tomatoes, cucumbers, carrots, celery, broccoli, mushrooms and several choices for protein: eggs, deli meats and cheese

**Gluten Free Menu**

Breakfast: Yogurt, Fruit Cup

Lunch: Turkey Breast on gluten free bread, carrot, Mayo **OR** Chef Salad with Gluten Free Roll or Cracker

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

Available at every school office and kitchen

Not all options are available every day

Prepay for meal on-line. Sign up for [www.myschoolbucks.com](http://www.myschoolbucks.com)

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