



TRUMBULL PUBLIC SCHOOLS, TRUMBULL HIGH SCHOOL BREAKFAST & LUNCH MENU October 4 -8, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Tortilla Wraps with Seasoned Beef, Chicken or Fiesta Black Bean Steamed Brown, Rice Lettuce, Tomato and Cheese Fruit and Milk Choice	5 Chicken Patty on a WG Roll Oven fries Mixed Veggie Orange Smiles Milk Choice	6 Alfredo Chicken with Broccoli over pasta or Pasta with Marinara or Meat sauce Tossed Garden Low-Fat Dressing WG Roll Fruit & Milk Choice	7 WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing Apple Milk Choice	8 Cheese Quesadilla Fiesta Brown Rice Corn Three-Bean Salad Salsa, Olives, Onions Mixed Fruit Fruit and Milk Choice

Students Must choose from the following to make a complete breakfast combo

Choose one:
Grain (bagel, cereal, muffin)

Choose one :
Protien (string cheese, yogurt, egg sandwich)

Choose one: 1% Milk Choice

Choose One:
Fresh Fruit, Juice or Fruit Cup

**Available Daily –
Fruit & Vegetable Bar
Milk Choice**



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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.

Deli Bundle Meal
Turkey Breast, Ham, Buffalo Chicken, Roast Beef
Egg Salad, Tuna Salad, American or Swiss Cheese
Choose from
Lettuce/Tomato, Baby Carrots
A La Carte Deli Sandwich *****

Grill Bundle
Personal Pizza, Hamburger, Cheeseburger, Veggie Burger, Spicy or Plain Chicken Patty or Hot Dog
A la Carte only \$3.00

Salad Bundle
Assorted Lettuces, Vegetables and Proteins
Premade Salad Meal with Bread, Fruit and Milk
A La Carte Grab & Go Protein Salad \$3.90
A La Carte Large Garden Salad \$2.70

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

All meals are FREE of CHARGE to all children.

A la Carte Items are a separate charge


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

Menu subject to change

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, TRUMBULL HIGH SCHOOL BREAKFAST & LUNCH
MENU OCTOBER 11—15, 2021

Nation School Lunch Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11</p> <p>NO SCHOOL</p> <p>COLUMBUS DAY</p> 	<p>12</p> <p>Breaded Mozzarella Sticks with Marinara Sauce</p> <p>Baked Sweet Potato Fries</p> <p>Steamed Broccoli Peaches</p>	<p>13</p> <p>Alfredo Chicken with Broccoli over pasta or Pasta with Marinara or Meat sauce</p> <p>Tossed Garden Salad with Low-Fat Dressing WG Roll</p> <p>Fruit & Milk Choice</p>	<p>14</p> <p>Fresh Baked Pizza Cheese or Vegetable</p> <p>Garden Salad with Low-Fat Dressing</p> <p>4oz 100% Juice</p> <p>Fruit and Milk Choice</p>	<p>15</p> <p>Cheese Quesadilla</p> <p>Fiesta Brown Rice Corn</p> <p>Three-Bean Salad</p> <p>Salsa, Olives, Onions</p> <p>Mixed Fruit</p> <p>Fruit and Milk Choice</p>

Students Must choose from the following to make a complete breakfast combo

Choose one:
Grain (bagel, cereal, muffin)

Choose one:
Protein (string cheese, yogurt, egg sandwich)



Choose one:
1% Milk Choice

Choose One:
Fresh Fruit, Juice or Fruit Cup


Available Daily –
Fruit & Vegetable Bar
Milk Choice

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Deli Bundle Meal
Turkey Breast, Ham, Buffalo Chicken, Roast Beef
Egg Salad, Tuna Salad, American or Swiss Cheese
Choose from
Lettuce/Tomato, Baby Carrots
A La Carte Deli Sandwich*****

Grill Bundle
Personal Pizza, Hamburger, Cheeseburger, Veggie Burger, Spicy or Plain Chicken Patty or Hot Dog
A La Carte only \$3.00



Salad Bundle
Assorted Lettuces, Vegetables and Proteins
Premade Salad Meal with Bread, Fruit and Milk
A La Carte Grab & Go Protein Salad \$3.90
A La Carte Large Garden Salad \$2.70

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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

All meals are FREE of CHARGE to all children.

A la Carte Items are a separate charge

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Menu subject to change



TRUMBULL PUBLIC SCHOOLS, TRUMBULL HIGH SCHOOL BREAKFAST & LUNCH MENU OCTOBER 18-22, 2021

Students Must choose from the following to make a complete breakfast combo

Choose one:
Grain (bagel, cereal, muffin)

Choose one :
Protein (string cheese, yogurt, egg sandwich)

Choose one: 1% Milk Choice

Choose One:
Fresh Fruit, Juice or Fruit Cup

**Available Daily –
Fruit &
Vegetable Bar
Milk Choice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Macaroni and Cheese Broccoli Fruit and Milk Choice	19 French Toast Sticks With Hot Cinnamon Apple Slices Turkey Sausage Sweet Potato Bites Milk Choice	20 Alfredo Chicken with Broccoli over pasta or Pasta with Marinara or Meat sauce Tossed Garden Salad with Low-Fat Dressing WG Roll Fruit & Milk Choice	21 Fresh Baked Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing 4oz 100% Juice Fruit and Milk Choice	22 Cheese Quesadilla Fiesta Brown Rice Corn Three-Bean Salad Salsa, Olives, Onions Mixed Fruit Fruit and Milk Choice
2  Deli Bundle Meal Turkey Breast, Ham, Buffalo Chicken, Roast Beef Egg Salad, Tuna Salad, American or Swiss Cheese Choose from Lettuce/Tomato, Baby Carrots A La Carte Deli Sandwich				
 Grill Bundle Personal Pizza, Hamburger, Cheeseburger, Veggie Burger, Spicy or Plain Chicken Patty or Hot Dog A La Carte only \$3.00				
Salad Bundle Assorted Lettuces, Vegetables and Proteins Premade Salad Meal with Bread, Fruit and Milk A La Carte Grab & Go Protein Salad \$3.90 A La Carte Large Garden Salad \$2.70				

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 Carrots, Tomato
 Celery, Romaine Lettuce
 Spinach, Broccoli
 Peppers, Onions
 Hummus,
 Peaches, Raisins
 Mixed Fruit, Pears
 Orange Smiles
 Applesauce, Grapes
 Apples

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TRUMBULL PUBLIC SCHOOLS, TRUMBULL HIGH SCHOOL BREAKFAST & LUNCH MENU

October 25 -29,2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 Hamburger/ Cheeseburger on WG Roll with Lettuce and Tomato, Oven Fries Corn Peaches Milk Choice	26 <i>Meatball Grinder</i> with Marinara Sauce & Mozzarella Cheese Veggie Sticks with Low Fat Dressing Orange Smiles Fruit and Milk Choice	27 Alfredo Chicken with Broccoli over pasta or Pasta with Marinara or Meat sauce Tossed Garden Low-Fat Dressing WG Roll Fruit & Milk Choice	28 WG School- Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing Apple	29 Cheese Quesadilla Fiesta Brown Rice Corn Three-Bean Salad Salsa, Olives, Onions Mixed Fruit Fruit and Milk Choice

Students Must choose from the following to make a complete breakfast combo

Choose one:
Grain (bagel, cereal, muffin)

Choose one:
Proteins (string cheese, yogurt, egg sandwich)

Choose one: 1%
Milk Choice

Choose One:
Fresh Fruit, Juice
or Fruit Cup
3

**Available Daily –
Fruit & Vegetable
Bar
Milk Choice**

Deli Bundle Meal

**Turkey Breast, Ham, Buffalo Chicken, Roast Beef
Egg Salad, Tuna Salad, American or Swiss Cheese**

Choose from

Lettuce/Tomato, Baby Carrots



A La Carte Deli Sandwich*****




Grill Bundle

Personal Pizza, Hamburger, Cheeseburger, Veggie Burger, Spicy or Plain Chicken Patty or Hot Dog

A La Carte only \$3.00

Salad Bundle

Assorted Lettuces, Vegetables and Proteins
Premade Salad Meal with Bread, Fruit and Milk

A La Carte Grab & Go Protein Salad \$3.90

A La Carte Large Garden Salad \$2.70

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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

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