



TRUMBULL PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST & LUNCH MENU MAY 1-2, 2023

BREAKFAST OFFERED DAILY
At no charge for all students until the end of the school year

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

Available Daily –
Fruit & Vegetable Bar
Milk Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mozzarella Sticks with Marinara Sauce Steamed Broccoli WG Roll Fruit and Milk Choice	2 Chicken Patty on WG Roll with Lettuce and Tomato, Sweet Potato Fries Steamed Veggies Peaches Milk Choice	3 Alfredo Chicken with Broccoli over pasta or Pasta with Marinara or Meat sauce Tossed Garden Low-Fat Dressing WG Roll Fruit & Milk Choice	4 WG School Made Pizza Garden Salad with Low-Fat Dressing Apple Milk Choice	5 <i>Cinco De Mayo Day</i> Taco Max Snacks Fiesta Brown Rice Three-Bean Salad Fruit & 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
\$4.25




Grill Bundle \$3.50
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 \$4.25
A La Carte Grab & Go Protein Salad \$4.00.
A La Carte Large Garden Salad \$2.80



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 complete lunches are Free until the end of the school year for all

All meals include accompanying veggie, fruit and milk choice

A la Carte Items are a separate charge



TRUMBULL PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST & LUNCH MENU MAY 8-12, 2023

BREAKFAST OFFERED DAILY
At no charge for all students until the end of the school year

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

Available Daily – Fruit & Vegetable Bar Milk Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Rib B Que on a WG Roll Oven Fries Peas Fruit and Milk Choice 	9 Sloppy Joes on a WG Roll Sweet Potato Fries Mixed Veggies Fruit Milk Choice	10 Pasta or Ravioli with Marinara or Meat sauce Tossed Garden Low-Fat Dressing WG Roll Fruit & Milk Choice	11 WG School Made Pizza Garden Salad with Low-Fat Dressing Apple Milk Choice	12 Cheese Quesadilla Fiesta Brown Rice Corn Three-Bean Salad Salsa, Olives, Onions Mixed Fruit Fruit and 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
\$4.25



Grill Bundle \$3.50 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 \$4.25 A La Carte Grab & Go Protein Salad \$4.00. A La Carte Large Garden Salad \$2.80

End of the Year: MySchoolBucks information on-line lunch payments will be **disabled starting June 5, 2023**. Students can still use their accounts if they have money in their account or pay with cash. MSB will become active for lunch prepayments **Monday August 21, 2023** for the 2023-2024 school years. Only graduating students or students leaving the district can request a refund of their balance by June 9, 2023 or can request **transferring monies to a siblings account**; forms for refunds or transferring monies are on the **Trumbull Public Schools/Food Services website**.
<https://www.trumbullps.org/departments/food-service/parent-information>.
 For additional information call Food Services Office at 203-452-4500

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 complete lunches are Free until the end of the school year for all

All meals include accompanying veggie, fruit and milk choice

A la Carte Items are a separate charge



TRUMBULL PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST & LUNCH MENU 2021 MAY 15-19,2023

BREAKFAST OFFERED DAILY
At no charge for all students until the end of the school year

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

Available Daily – Fruit & Vegetable Bar Milk Choice


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Toasted Cheese Sandwich Oven Fries Steamed Veggies <i>Vegetable Soup</i> Fruit Choice Milk Choice	16 Chicken Tenders Mashed Potatoes Peas Fruit and Milk Choice	17 Alfredo Chicken with Broccoli over pasta or Pasta with Marinara or Meat sauce Tossed Garden Low-Fat Dressing WG Roll Fruit & Milk Choice	18 WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing Apple Milk Choice	19 Cheese Quesadilla Fiesta Brown Rice Corn Three-Bean Salad Salsa, Olives, Onions Mixed Fruit and 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 \$4.25



Grill Bundle \$3.50
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 \$4.25
A La Carte Grab & Go Protein Salad \$4.00.
A La Carte Large Garden Salad \$2.80

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 complete lunches are Free until the end of the school year for all

All meals include accompanying veggie, fruit and milk choice

A la Carte items are a separate charge

FREE AND REDUCED APPLICATIONS ARE Available online at trumbullps.org/foodservices 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 HIGH SCHOOL BREAKFAST & LUNCH MENU MAY 22-26, 2023

BREAKFAST OFFERED DAILY
At no charge for all students until the end of the school year

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

Available Daily – Fruit & Vegetable Bar Milk Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Mozzarella Sticks with Marinara Sauce Steamed Broccoli WG Roll Fruit and Milk Choice	23 Chicken Patty on WG Roll with Lettuce and Tomato, Sweet Potato Fries Steamed Veggies Peaches Milk Choice	24 Alfredo Chicken with Broccoli over pasta or Pasta with Marinara or Meat sauce Tossed Garden Low-Fat Dressing WG Roll Fruit & Milk Choice	25 WG School Made Pizza Garden Salad with Low-Fat Dressing Apple Milk Choice	26 Cheese Quesadilla Fiesta Brown Rice Corn Three-Bean Salad Salsa, Olives, Onions Mixed Fruit Fruit and 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
\$4.25

Grill Bundle \$3.50
 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 \$4.25
A La Carte Grab & Go Protein Salad \$4.00.
A La Carte Large Garden Salad \$2.80

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 complete lunches are Free until the end of the school year for all

All meals include accompanying veggie, fruit and milk choice
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

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TRUMBULL PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST & LUNCH MENU

MAY 29-31, 2023 JUNE 1, 2, 2023

BREAKFAST OFFERED DAILY
At no charge for all students until the end of the school year

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

Available Daily –
Fruit & Vegetable Bar
Milk Choice


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <p>NO SCHOOL</p> <p>MEMORIAL DAY</p>	<p>30</p> <p>Sloppy Joes on a WG Roll</p> <p>Sweet Potato Fries</p> <p>Mixed Veggies</p> <p>Fruit</p> <p>Milk Choice</p>	<p>31</p> <p>Pasta or Ravioli with Marinara or Meat sauce</p> <p>Tossed Garden Low-Fat Dressing</p> <p>WG Roll</p> <p>Fruit & Milk Choice</p>	<p>1</p> <p>WG School Made Pizza</p> <p>Garden Salad with Low-Fat Dressing</p> <p>Apple</p> <p>Milk Choice</p> 	<p>2</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>



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 \$4.25



Grill Bundle \$3.50
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 \$4.25
A La Carte Grab & Go Protein Salad \$4.00.
A La Carte Large Garden Salad \$2.80

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FRUIT & VEGETABLES CHOICES

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

All complete lunches are Free until the end of the school year for all

All meals include accompanying veggie, fruit and milk choice

A la Carte Items are a separate charge