

TRUMBULL PUBLIC SCHOOLS MIDDLE SCHOOL BREAKFAST & LUNCH MENU

JUNE 1-14, 2023

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 <u>or pay with cash</u>. MSB will become <u>active for lunch prepayments Monday August 21, 2023</u> for the 2023-2024 school years.</p> <p>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.</p> <p>https://www.trumbullps.org/departments/food-service/parent-information.</p> <p>For additional information call Food Services Office at 203-452-4500</p>				
<p>3</p> <p>Chicken Alfredo Pasta with Broccoli WG Roll Fruit and Milk Choice</p>	<p>6</p> <p>WG French Toast Sticks, Syrup, Turkey Sausage, Warm Cinn. Apple Slices, Sweet potato bites Milk Choice</p>	<p>7</p> <p>Pasta with Marinara Sauce Tossed Garden Salad with Low fat dressing WG Roll Fruit Milk Choice</p>	<p>1</p> <p>WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing, Fruit and Milk Choice</p>	<p>2</p> <p>Chicken Nuggets Mashed Potatoes Green Beans Fruit and Milk Choice</p>
<p>5</p> <p>Chicken Alfredo Pasta with Broccoli WG Roll Fruit and Milk Choice</p>	<p>6</p> <p>WG French Toast Sticks, Syrup, Turkey Sausage, Warm Cinn. Apple Slices, Sweet potato bites Milk Choice</p>	<p>7</p> <p>Pasta with Marinara Sauce Tossed Garden Salad with Low fat dressing WG Roll Fruit Milk Choice</p>	<p>8</p> <p>WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing, Fruit and Milk Choice</p>	<p>9</p> <p>Cheese Quesadilla Fiesta Brown Rice Corn Three-Bean Salad Salsa, Olives, Onions Fruit and Milk Choice</p>
<p>12</p> <p>Mozzarella Sticks with Marinara Sauce Green beans WG Roll Fruit and Milk Choice</p>	<p>13</p> <p>EARLY CLOSING</p> <p>CHEF'S CHOICE</p> <p>Fruit and Milk Choice</p>	<p>14</p> <p>EARLY CLOSING</p> <p>CHEF'S CHOICE</p> <p>Fruit and Milk Choice</p>		

Assorted Fruit and Vegetable Bar & alternate meals Offered Daily

A la Carte Items are a separate charge



DAILY ENTRÉE CHOICES

1. Protein Salad w/roll
2. Yogurt Plate, choice of muffin or cereal or bagel includes string cheese
3. Turkey, Ham or Bologna Sandwich, Veggie Sticks
4. SunButter & Jelly Sandwich w/ baby carrots

All meals include fruit & milk choice

All entrees include accompanying veggie, fruit and milk choice

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

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