

# TRUMBULL PUBLIC SCHOOLS, HIGH SCHOOLS BREAKFAST and LUNCH MENU JUNE 1-12, 2023

All meals are free to all students for the remainder of the 2022-2023 school year and are served with 1% white or chocolate milk, fruit choice

## **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**

Thursday June 1 Lunch – WG School Made Cheese or Vegetable Pizza, Garden Salad with Low Fat Dressing, Fruit and Milk Choice

Friday June 2 – Cheese Quesadilla, Fiesta Brown Rice, Corn, Three-Bean Salad, Salsa, Olives, Onions, Fruit and Milk Choice

Monday June 5 Lunch – Toasted Cheese Sandwich, Oven Fries, Steamed veggies, Mixed Fruit and Milk Choice

Tuesday June 6 Lunch – CHEF'S CHOICE, Fruit and Milk Choice

Wednesday June 7 Lunch – FINAL EXAMS - Breakfast Only

Thursday June 8 Lunch – FINAL EXAMS - Breakfast Only

Friday June 9 Lunch – FINAL EXAMS - Breakfast Only

Monday June 12 Lunch – FINAL EXAMS - Breakfast Only

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

**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

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

Available at every school office and kitchen

Not all options are available every day

**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**

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

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